

NOVEMBER: SELF-NAVIGATION

Sample Kindness Club Meeting: 2nd-3rd Grade

Check your [Resource Library](#) to find Tools, Videos, Project Ideas and a list of potential Service Organizations.

If your meetings are online, be sure to notify parents in advance about any materials needed so club members have supplies ready.

For this month's meeting, encourage kids to come to the meeting dressed up as an explorer (with binoculars, with a map, with a compass etc. so they are motivated to engage in learning about Self-Navigation.

Ambassadors: This month's non-profit speaker/video discussion will be focused on the roles of a Child-Life Specialist. Here are some helpful resources that explain and give a background of the profession.

[Child Life in Action](#)

[Child Life, Education and Creative Arts Therapy](#)

Prior to the start of meetings (as everyone starts coming on), during activities, and at the end - play fun and appropriate background music so kids are instantly engaged (you can use the Meeting Music Playlist document for suggestions). Encourage kids to get up and dance if they want to move around during the meeting. However, understand not every kid will feel comfortable dancing and that's okay. ☺

Self-Navigation: Being able to manage our emotions and behaviors and learning the tools to help us navigate any situation. Self-Navigation is an upgrade to what you may already know as Self-Control or Self-Regulation. Like Self-Control or Self-Regulation, Self-Navigation builds on Self-Awareness—acknowledging our feelings in a given moment. Self-Navigation is the ability to determine if our feelings match the situation AND using our feelings to guide us to take the appropriate action.

1. **“Check in”/“Attitude of Gratitude”** How are we feeling/ welcome to our time today. What are you grateful for today? Discuss, journal, draw a quick picture that represents how you are feeling, take a moment to contemplate – can be quick & powerful. (idea: Ask kids to draw an emoji that represents how they are feeling today. What name would they give their emoji?)
2. **KM365 Tool** Today, we are going to begin our meeting by learning a breathing tool that will help us relax and control our breath. This tool will also help us explore how we feel and focus on ourselves in the current moment. [Hands, Heart &](#)



Your Notes

Materials:

- Pencils/Pens
- Crayons
- Markers
- Paper

[Belly Breath with Rapperport](#)

3. **Review & Intro** Review Self-Awareness (last month's topic) by asking children to share an example of when they used Self-Awareness or to recall an example they learned during the previous meeting. Introduce the concept of Self-Navigation by connecting it to Self-Awareness.

Self-Navigation is the ability to **determine if our feelings match the situation we are in and use strategies to guide us back on track when needed**. Play this month's Powtoon (serves as the visual aid to these connections and concepts)

[Self-Navigation](#)

4. **Understanding/Personalization** Participate in the Self-Navigation Map Activity to help you answer the question: **What does Self-Navigation mean to ME?**

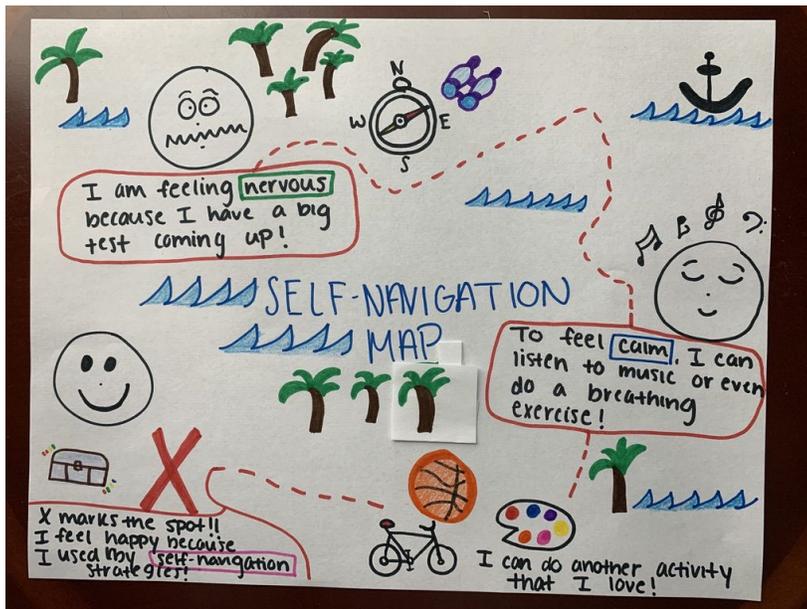
Ambassadors: Explain the relationship between navigation and self-navigation. I.e. Just like navigators explore new lands and seas, we can self-navigate through our feelings and behaviors. Then, through the Self-Navigation Map Activity, they will be able to see this explanation come to life.

Self-Navigation Map Activity: On a blank piece of paper, map out your feelings and write down/draw specific strategies that could help you navigate those feelings using lines and arrows. For instance, if you are feeling nervous because you have a big test coming up in school, you could write that down or draw a picture that shows you are nervous. Draw lines and arrows that branch out from those feelings. These lines and arrows have strategies (in words or pictures) next to them that could then lead to how you hope to feel. For example, if you're feeling nervous at first, your goal may be to feel calm and relaxed. The starting point of your map should be how you currently feel (in this case it would be nervous). The strategies you use serve as the self-navigation part. The ending point of your map should reflect how you hope to feel after using the strategies. *Ambassadors: consult [Self-Navigation Strategies](#) for ideas. Feel free to add to the list or ask kids if there are any other strategies they can think of/they would want to use. Example of a Self-Navigation map pictured below.*

Materials:

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- Crayons
- Markers
- Paper

Remember: A map is a tool to help us find where we are and plan the route we will take to where we want to go.



5. **Non-Profit Speaker, Video, or Discussion**

Contact the Child Life specialist of a local hospital to come to the meeting and speak on behalf of what they do and how they participate in acts of kindness on a daily basis. Ask the Child Life specialist to share stories in which kindness was used in the hospital with the pediatric patients as well as share how the patients use **self-navigation** every day during their time in the hospital. *Ambassadors: make sure the speaker is familiar with November's topic: Self-Navigation as well as specific examples of it.* If a Child Life Specialist is unable to come to the meeting, play a video clip about the Child Life specialist's profession such as the one [linked here](#) and ask questions after such as: "How do Child Life specialists participate in acts of kindness?", "What kinds of Self-Navigation strategies do you think Child Life Specialists use?"

Note: the video is over 6 minutes long so feel free to select a certain segment of it to play during the meeting.

6. **"Kindness in Action"** **Hospital Cheer Activity**

"Making art for or writing letters to children in the hospital is a great way for us to be reminded that we all have the power to spread kindness and that there are those in our community who need extra kindness at difficult times in their lives."

If your club meets virtually, how will letters/artwork get to the hospitals? Will they be sent to you first or directly to the hospitals? Be sure parents and caregivers have very clear instructions.

Alternate activity: Kindness Scavenger Hunt - Within the meeting, use half sheets of paper to create notes and/or pictures of kindness. They could say "I hope you have a great day!", "Smile bright!", "Thanks for being you!", etc. Fold the

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- Crayons
- Markers

letters when you're finished making them. After the meeting, hide them around your house and/or neighborhood for family, friends, neighbors, and community members to navigate.

- Paper
- Stickers, etc. (but no glitter please)

7. **Reflection** Discussion from KM365 Reflection Prompts.
I can give examples of when to use my knowledge of Self-Navigation throughout my daily life.
 - a. How would you feel if you were in the same position as the pediatric patients? How could you self-navigate through those emotions?
 - b. How can we use self-navigation to explore our feelings, thoughts, and actions?
8. **Peace Pledge** Read peace pledge to group, email/social media to parents asking them to go over the pledge with their kids and put the pledge into their own words. **If time permits**, make connections by applying the peace pledge to the "Kindness in Action" activity.
9. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your [monthly reporting!](#) Go over the main concepts of November's meeting and how we can self-navigate by mapping out our feelings and strategies to help us feel how we want to feel. Encourage kids to share their Self-Navigation map to their family and friends.
10. **Follow Up** Send follow up communication to parents with summary of the meeting's events, with necessary directions to email pictures of their artwork, and complete instructions of the Self-Navigation mapping activity as well as the Hospital Cheer activity.

Contact Ambassador Support at AmbassadorSupport@kindnessmatters365.org for questions or comments.

