

## MAY: REFLECTION

### Kindness Club Meeting

*All Activities, tools, etc. shown here are suggestions. Please feel free to substitute and/or modify as needed. Visit your [Resource Library](#) for tools, videos, speaker ideas, etc.*

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

**REFLECTION:** Reflect upon the amazingness from the past school year with KM365; celebrate your accomplishments and contemplate what you have; how you will incorporate what you learned and did into your life!

1. **“Check in”/“Attitude of Gratitude”** How are we feeling /welcome to our time today. What are you grateful for today? Discuss, journal, take a moment to contemplate – can be quick & powerful.
2. **KM365 Tool** Focus and get present with breathing/movement from the KM365 online toolbox or use your own.
3. **Review & Intro** Review RESPONSIBLE DECISION-MAKING (last month’s topic) and introduce REFLECTION (video you like, KM365 PowToon, dialogue, etc.)
4. **Understanding/Personalization** Fun game, story, dialogue/share, drawing, journaling: what does REFLECTION mean to ME?
5. **Non-Profit Speaker, Video, or Discussion** If you are working with a speaker from a non-profit, ask participants how being able to navigate their emotions can help them be of service.



### Your Notes

6. **“Kindness in Action”** Project or experience -create a hands-on project/experience in support of the speaker or about REFLECTION.
  
7. **Reflection** Discussion from KM365 Reflection Prompts.
  
8. **Peace Pledge** Kids for Peace or read one your group created.
  
9. **Wrap Up** Photos, certificates of appreciation, handouts.  
Please remember to post, and turn in your [monthly reporting!](#)

Contact Ambassador Support at [AmbassadorSupport@kindnessmatters365.org](mailto:AmbassadorSupport@kindnessmatters365.org) for questions or comments. 😊