JANUARY: RELATIONSHIP SKILLS

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.

RELATIONSHIP SKILLS: Building and maintaining healthy connections with others including those different from us; cooperation, seeking and offering support when needed; listening well; negotiating conflict; resisting negative social pressure; showing appreciation.

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 SOCIAL AWARENESS (last month's topic) and introduce RELATIONSHIP SKILLS (video you like, KM365 PowToon, dialogue, etc.)

4. **Understanding/Personalization** Fun game, story, dialogue/share, drawing, journaling: what do RELATIONSHIP SKILLS 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 RELATIONSHIP SKILLS.

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 for questions or comments. 😊