

DECEMBER: SOCIAL AWARENESS

Sample Kindness Club Meeting: 2nd-3rd Grades

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. **Prior to the meeting, ask kids to come to the meeting with a blank printed-out or hand-drawn outline of a shoe (it should take up a whole piece of 8.5" by 11" copy paper so that kids have room to write and draw on it).**

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. 😊

Engagement Strategy: Where in the Zoom Room is...? Create a character such as Flat Stanley or Waldo (from Where's Waldo) in a word document or other format that can easily be emailed to participants. Send the character to a new participant each month in advance of your meeting. Participants can print out and decorate the character, then "hide" it somewhere in view of their camera during the Zoom call. As participants check in, they can look around the room to see who's hiding the character. This is a great activity to incorporate as it introduces kids to being **aware** of their environment and those around them (nice segue into December's topic of **Social Awareness**).

Social Awareness: The ability to understand & have compassion for others; appreciating diversity; respecting others; recognizing the social environment.

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. Click this [link](#) for more check-in strategies/activities you can use at the start of the meeting.
2. **KM365 Tool** Today, we are going to focus on becoming present with ourselves by learning a breathing/movement exercise from the KM365 online toolbox. Together, we will engage in the breathing exercise: [Three Part Breath](#) so we can feel calm, peaceful, and relaxed. Feel free to use your own breathing/movement exercise as well!



Your Notes

Ambassadors: please remind club members that tools can be used anytime they want/need them in their lives. Using one tool each day helps be ready for situations that may come our way.

3. **Review & Intro** Review Self-Navigation (last month's topic) by discussing what it means to explore our emotions and actions. Connect Self-Navigation to this month's topic, Social Awareness and ask kids how they think the two concepts might be connected (gathering these initial thoughts can lead to great discussion later). To build on kids' initial perspectives, play this month's Powtoon for them so they can see if their initial ideas were correct and/or if they can build on what they already know.

4. **Understanding/Personalization** Fun game, story, dialogue/share, drawing, journaling: what does Social Awareness mean to ME?

Social Awareness – “Take a Walk in Someone Else’s Shoes” Activity:

- Play music video for kids: [Take a Walk in Someone Else's Shoes](#)
- Reflect as a group by addressing some major takeaways from the song and scenes that they observed.
 - First, ask the group, “**What does it mean to take a walk in someone else’s shoes?**”, “**Why is it important to be aware of how situations might make others feel?**”.
 - Give kids some time to gather their thoughts before calling on them to answer (this is known as **wait time** and it helps them focus on the question/formulate their response).
 - Connect their ideas to this month's topic, Social Awareness.
- Using their shoe outline, tell kids to draw pictures and/or write words and sentences on their shoe to show how they are feeling
 - For instance, one might be feeling lonely because they are not able to play with their friends.
 - Or, someone might feel nervous about a test coming up in school.
 - They might feel sad for someone they are close with.

Access the Intro to Topic powtoon in your Ambassador Resource Library

Materials:

- [Outline of a shoe \(can be printed out or hand drawn by tracing an actual shoe on a piece of paper\)](#)
- Crayons, pencils, markers, etc.

- They could also be having a great day and feel excited or happy.
- Have kids reflect on their emotions and record them on their shoe.
- Then, ask the kids to share their shoes to the whole group.
 - Stress with participants the importance of learning to **actively listen** to others.
 - **Active listening:** paying attention and showing that you are focused on the speaker. Active listeners show the speaker respect and kindness by paying full attention to them.
 - During the meeting, active listening occurs when all participants are fully **engaged** on the speaker as they present their shoe. This involves all eyes on the speaker and questions/comments made after the speaker is finished
 - [More information on active listening](#)
 - Tie back to how this creates **understanding of others**, especially those whom we seek to help, so that we are working **WITH** them to address their needs.
 - After a person shares, tell the kids “Let’s step in ___’s shoes and ask ourselves, “How would you feel if you were in the same situation, if you had the same problem...?”, “How can we use our social awareness strategies to help ___.”

Note: Kids create their shoe according to their feelings, they could be feeling negative or positive emotions (or even somewhere in between). Below is an example.



In person clubs could try making two shoe outlines so that participants can swap one of them with a neighbor and have them fill one of the outlines based upon what you think your neighbor would add and see how they compare. Ask yourself: could you know what your neighbor's shoe felt like for them? "[Walk a Mile in Your Neighbor's Shoes](#)".

5. **Non-Profit Speaker, Video, or Discussion** Just as how we can help others by using our Social Awareness skills, we are going to learn how we can take action in our local communities to promote kindness. For this meeting plan, we will tie in **B'nai Torah TLC Program's Little Free Food Pantry**. Contact **Summer Faerman** to come to the meeting and speak about the initiatives and why it's important to give back to your community. Emphasize how B'nai Torah TLC Program's Little Free Food Pantry can be linked to Social Awareness. Here is the link to the website that has detailed information about TLC Little Free Food Pantry as well as a link to a news segment where Summer and B'nai Torah TLC Program's Little Free Food Pantry were featured. [Website News Feature](#)

6. **"Kindness in Action"** Project or experience - create a hands-on project/experience in support of the speaker or about Social Awareness.

- Using what we learned about B'nai Torah TLC Program's Little Free Food Pantry and the importance of spreading kindness in our communities, let's put these ideas in action.
- If participants live locally in/near Boca Raton, create an action plan to help fill a nearby pantry with non-perishable foods.
 - For instance, have kids create a list/draw pictures of steps they can take to help give back with B'nai Torah TLC Program's Little Free Food Pantry. Possible examples include
 - Search your pantry at home for non-perishables and unopened food items, involve your family and friends and fill the pantry as a team, pick up some items the next time you go shopping at the grocery store, etc.
 - If participants are not in the local Boca Raton area/don't have access to B'nai Torah TLC Program's Little Free Food Pantry locations, encourage them to create a similar project in their neighborhood or community.
 - Post signs in neighborhood common areas, hand out fliers to neighbors, or post on social media with grown-ups' help to encourage others to donate non-perishables to those in need, especially as the Holiday season approaches.

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Ambassadors: if you are not in the Boca Raton area, see if there is a similar program near you/in your local area. If so, reach out to invite a speaker to come to the club meeting.

- Create a non-perishable community collection box (similar to the pantries) where neighbors and community members can place items (food, clothes, toys, books, etc.) to be sent to a local organization that focuses on helping those in need.
7. **Reflection** Discussion from KM365 Reflection Prompts. After learning about Social Awareness and the strategies we can use to show our compassion for others, use these questions to guide your thinking.
- a. What will you do differently tomorrow because of what you learned today?
 - b. How can you or will you make a difference after learning about Social Awareness?
 - c. What happens if we do nothing? What will happen if we decide to shy away (instead of placing ourselves in their shoes and taking action) from those who look like they need a helping hand?
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 December’s meeting and how we can walk in someone else’s shoes and use our Social Awareness skills by helping others. Encourage kids to share their Social Awareness Shoe to their family and friends. Invite kids to have their family and friends create a Social Awareness Shoe too! Emphasize the “Kindness in Action” activity so they can take action in their communities and share with their grown-ups.
10. **Follow Up** Send follow up communication to parents with summary of the meeting’s events, with necessary directions to get involved with B’nai Torah TLC Program’s

Little Free Food Pantry, and complete instructions of the Social Awareness shoe activity.

