

DECEMBER: SOCIAL AWARENESS

Kindness Club Meeting

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.

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

1. “Check in”/”Attitude of Gratitude”: Playlist

Display a prompt in your meeting room: “The song or style of music that best represents my emotions/feelings today is”.

Include your choice as an example. You may wish to provide some well-known songs from which club members can choose if they are struggling to think of one themselves.

Invite club members to write their song name on the board (in person or electronic whiteboard) or to share it privately with you if they prefer.

2. KM365 Tool: Grounding

Grounding is an activity that allows us to practice being in the moment or being present. One way to practice grounding is to **stop what you are doing and notice your surroundings.**

Pay attention to what is around you and identify it:

- >> The wall in front of me is brick.
- >> The water bottle on the table is turquoise.
- >> There is a blue car parked on the street.
- >> The leaves on the tree are turning colors.

Ask all club members to practice noticing and naming what is their surroundings (*b/c of the number of kids, this should be done silently, although you may ask if anyone wants to share something they noticed. They may even have noticed something that has been in their surroundings for a long time that they’ve never really taken time to see before.*)



Your Notes

3. **Review & Intro** Review Self-Navigation (last month's topic) and introduce Social Awareness

https://kindnessmatters365.org/2020/07/17/social-awareness-intro-grades-4-8/?tx_category=type-intro-to-topic.format-video&_page=2

4. **Understanding/Personalization: VENN DIAGRAM**

One way of practicing social awareness is to notice the things we have in common with others and the ways in which we are unique.

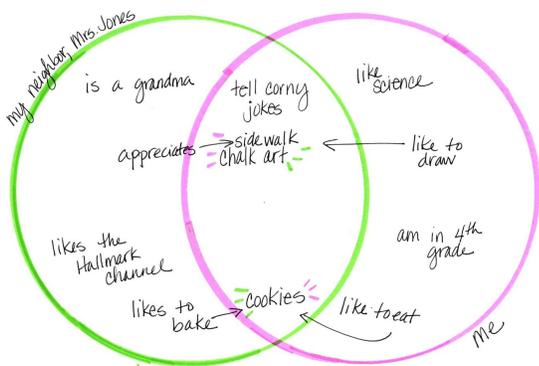
Ask club members to think of a friend, classmate or neighbor and then complete a venn diagram.

>> Things in common go in the shared space of the overlapping circle

>> Things unique to their friend, classmate or neighbor go in the non-shared space of one circle

>> Things unique to themselves go in the non-shared space of the other circle

Invite club members to think about the differences and similarities they appreciate in their friend.



5. **Non-Profit Speaker/Video & Kindness In Action**

Stress with participants the importance of learning to actively listen to others. 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. Club members can practice listening closely and then asking open-ended questions or reflecting back to the speaker (So I understand that your organization needs _____ in order to help _____.)

Materials Needed:

- Paper
- Pencils, pens, crayons or markers

Learn about active listening:

- <https://www.verywellmind.com/what-is-active-listening-3024343>
- <https://www.goodlistening.org/active-listening-games-exercises-activities/>
- <https://psychcentral.com/lib/become-a-better-listener-active-listening/>

Invite a speaker from **Make-A-Wish** or an organization that helps children (see [Service Organization Ideas](#).) The Make-A-Wish foundation's [Believe program](#) offers participants the chance to write letters (or make artwork) to Santa and Macy's will donate \$1.00 for each letter received. Letters can even be completed online.

Use this [video](#) in lieu of a speaker to learn more about the Make-A-Wish foundation. (The video is also accessible from the Believe website link.)

6. **Reflection** Discussion from KM365 Reflection Prompts.
 - a. Is there something that inspired you today that you would like to share with others?
 - b. What would happen in 5 or 10 years if this group doesn't receive any help?
7. **Peace Pledge** Kids for Peace or read one your group created.
8. **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. 😊