

DECEMBER: SOCIAL AWARENESS

Sample Meeting Plan; 6th - 8th Grades

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.

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 Check-In:**
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.

Attitude of Gratitude: Invite club members to text or email a teacher, school staff, coach or someone similar and let them know they are appreciated. For virtual meetings, they can complete this activity while waiting for the meeting to begin.

2. **KM365 Tool** [Cat Cow Seated Yoga](#)
3. **Review & Intro** Review Self-Navigation (last month’s topic) and introduce Social Awareness (video you like, KM365 PowToon, dialogue, etc.).

[Intro to Social Awareness](#)

4. **Understanding/Personalization/Non-Profit Speaker or Video**



Your Notes

Share an example of social awareness in social media interactions. It's even more important to be aware of the impact of your words on social media or online communications. Without facial expressions or body language, things can be easily misinterpreted.

Discuss the trend of rating friends types of posts on snapchat as an example. (See picture in notes.)

Ask club members to explain the game for those who may not be aware. (essentially names are assigned to each label) Ask club members how they think people might feel if they are not rated positively, or even if rated positively, not given the highest rating?

Ask club members to think about a time when they said something harsh/unkind/mean on social media. Then ask them to imagine the person was standing in front of them, would they still make the comment? What if their parent/caregiver/teacher/faith leader saw the comment? Would they say it then?

Kindness in Social Media also extends to how we respond when we witness others posting something unkind. What are the ways we can contribute to the hurt from someone else's post?

- >>forward the post
- >>contribute by commenting in agreement or with our own mean words
- >>sitting silently by, not participating, but also not intervening

Invite club members to speculate why they think it easy to make unkind comments online, even something that seems harmless, like the ratings game mentioned above.

Brainstorm strategies club members can use to help them practice kindness when using social media.



Some additional

reading:

<https://www.pewresearch.org/internet/2011/11/09/teens-kindness-and-cruelty-on-social-network-sites/>

5. “Kindness in Action” (Choose from below)

- a. Spread Compliments on Social Media: If a positive thought

pops into your head about a post, text, blog, video, etc. that you see in your feed, post a compliment about it.

Compliments should be meaningful and genuine. (“Your posts about funny things your cat does make me smile. Thanks for sharing them.” vs “haha” or “LOL”

b. Start a gratitude practice online: Once daily or weekly, post about what you are grateful that day or week. Again, be specific. Have club members write a couple practice posts.

c. Brainstorm strategies club members for intervening when they see someone post something unkind online. How can they show support for the person on the receiving end of the unkind post?

d. Create a project that uses social media to create/spread kindness. See one example [here](#). *(If your club meets remotely, remind club members that similar projects require grown-up participation.)*

6. **Reflection** (Choose from below)

a. Why do you think it is important for us to contribute to kindness in this area?

b. How can you or will you make a difference after what we learned today?

c. Is there something that inspired you today that you would like to share with others? If so, what did you learn and what could you tell others about this?

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. 😊