

DECEMBER: SOCIAL AWARENESS

Sample Meeting Plan; 9th - 12th 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](#)

A crucial part of social awareness is being able to understand others’ emotions. When we interact with someone in person, we can use clues such as body language, inflection, tone and



Your Notes

facial expression to gauge how others feel and how they are responding to what we say.

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

Social media interactions (texting, snapchat, posting/replying to posts, etc) inhibit our ability to read the emotions of others.

Ask club members to brainstorm the impact this has had on social media interactions (cyberbullying, misunderstandings, etc)

What responsibilities do we have when using social media?
Bonus question: Is it enough for us to be positive in our postings? Do we have responsibility to intervene when we witness harmful interactions?

What strategies can we use to help us improve our social media interactions?

How can we leverage social media and technology to check-in and maintain connections with friends, families and acquaintances?

5. **“Kindness in Action”** Positivity in Social Media (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

Some additional reading:

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

unkind post?

d. Create a project that uses social media to create/spread kindness. See one example [here](#).

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. **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. 😊