

# JANUARY: RELATIONSHIP SKILLS

## Sample Kindness Club Meeting; 4th&5th 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.

*Engagement Strategies: Whether in person or virtual, engagement strategies, while simple and fun, build trust between participants and with Ambassadors. This connection fosters a willingness to participate and share. You can find suggested strategies [here](#)*

**RELATIONSHIP SKILLS:** Building and maintaining healthy connections with others including those with diverse backgrounds, learning styles or abilities; cooperation, seeking and offering support when needed; listening well; negotiating conflict; resisting negative social pressure; showing appreciation.

### 1. “Check in”/”Attitude of Gratitude”

#### [Sample Check-In Activities](#)

Use a whiteboard or whiteboard feature of online platforms for participants to answer the following prompt: “On a scale of 1 to 10 (1 = lowest, 10 = best), today I feel \_\_\_\_\_.”

2. **KM365 Tool** Since it is well into the club year, take advantage of the opportunity to do a quick review of the tools you have learned this year. Ask participants to name the tools learned and give a brief description/demonstration. Which ones are their favorites? Are there tools they would use in specific situations? Remind participants that tools can be used any time during their days to help set the emotion for the day, to help them feel ready for a big moment, or to help calm an emotion (nervousness, anger, etc.).

3. **Review & Intro** Review SOCIAL AWARENESS (last month’s topic) and introduce RELATIONSHIP SKILLS:

#### [Friendship Soup](#)

4. **Understanding/Personalization** After video, review with participants that friendship is one type of relationship. We have many other relationships in our lives. Ask them to



## Your Notes

name some (parent/child; siblings; teacher/student; etc.)  
What skills from Friendship Soup are needed for other types of relationships too?



Photo from Friendship Soup YouTube video, the NED Show

Let's practice some ways to build kindness and respect:  
Enjoying differences, finding the beauty in others and the world around us, and learning to be an interested listener.

Appreciate and connect with the differences in others:  
“...sometimes the people who have the greatest capacity to open us up have vastly different experiences...” \*

Recognize beauty in all its versions: “When we see or experience beauty, in any form, we connect with it-- whether it's in nature, music, art and importantly, people. Beauty is flawed, different, fascinating, unconventional, quirky, interesting, spirited, non-conforming, rough, ragged.”\*

Interested people make interesting friends: “Showing interest forges connections and can lead to wonderfully unexpected things.”\*

If your meetings are in person, plan ahead to break participants into pairs. Seek to connect them with those outside their typical friend group within the club.

If your meetings are virtual, utilize break out rooms *An adult must be present in each room.*

First, show the group an example of something you find beautiful. *In an effort to expand their ideas of what can be considered beautiful, seek to choose something outside of the mainstream idea of beauty.* Invite participants to think of different ways to define beauty. Read the quote above for inspiration if needed.

\* For additional information on teaching kids to connect with others read here: [“Teaching Kids & Teens How to Connect with Others...”](#) by Karen Young

Materials needed:

- Paper
- writing/drawing instruments

Next, ask everyone to draw or write about one thing they find beautiful and why.

Then, prepare club members to move to small group activities: with their partners (in person) or in break out rooms (virtual).

A. Each person will have the opportunity to share what they wrote/drew and how that represents beauty. *Depending upon the size of the group, you may need to establish time limits up front.*

B. Partners/Group members will be interested listeners, focusing intently on what is being said.

C. When everyone has had the opportunity to share, ask group members to share something unexpected that they learned from someone else's share.

5. **Non-Profit Speaker/Kindness in Action:**

[We Dine Together](#) is a student-created and student-led organization who builds connections with students that they witness dining alone during lunch time (this may lead to a conversation about how lunch time is different in high school if participants' schools have assigned seating at lunch). You can use the link above to show a short video clip about the organization, or [contact them](#) to invite a speaker to join you.

Where can club members create something similar (playground, neighborhood, etc.)? Have them create a plan to make it happen. For club members who are doing virtual learning, where can they apply this? Perhaps by including a younger sibling when they play? Reaching out and being an interested listener for a grandparent/neighbor/...?

6. **Reflection** Discussion from KM365 Reflection Prompts.

A. How can you make a difference after what we learned today?

B. Why do you think groups like We Dine Together are important to our community?

C. Is there something that inspired you today that you would like to share with others?

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!](#)

Repeat the check-in activity, asking participants to write what they felt at the beginning of the meeting and what they feel now. (7...9, 3...5, etc.)

Contact Ambassador Support at [AmbassadorSupport@kindnessmatters365.org](mailto:AmbassadorSupport@kindnessmatters365.org) for questions or comments. 😊