

FEBRUARY: GOAL-DIRECTED BEHAVIOR

Kindness Club Meeting

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.

GOAL-DIRECTED BEHAVIOR: Having a goal and working towards it, individually or as a team. Using focused attention to start and finish tasks of varying levels of difficulty.

1. **“Check in”/“Attitude of Gratitude”** Today’s engagement strategy is based on the game SkribbleHead by BuffaloGames & Puzzles. This is a guessing game for your participants.

Today’s check-in prompt: the food or animal that best represents me today is: _____

Hold the paper/cardboard/whiteboard to your forehead with one hand. With your other hand, draw your answer to the prompt (if your meeting is virtual, no peeking at what you are drawing!). See if club members can guess what you are drawing. If after thirty seconds no one can get the answer, take the paper down and draw the item where you can see it. Show both drawings to the club members to see if they can get the answer now.

Now invite club members to draw their answers in the same way you just did. Have all members draw at the same time for maximum silliness or split them into smaller groups and give each group a turn to draw. When club members hear the answer to their drawing, have them stop drawing. Have kids look at their drawings when they are done to enjoy their “art skills”.

2. **KM365 Tool** *Laughter and silliness like we experience doing sillys check-ins are great ways to help us feel less tense. Today’s tool will teach us another way to get rid of tension.*



Your Notes

Materials Needed:

- Stiff paper (index card, etc), lightweight cardboard, even regular paper with a folder or light book to use as a “desktop”
- Crayon or marker

OR

small whiteboard and dry erase marker

https://kindnessmatters365.org/2020/07/13/tool-breathing-and-movement-hasselmann/?tx_category=age2-3.type-tool&page=2

3. **Review & Intro** Review RELATIONSHIP SKILLS (last month's topic) and introduce GOAL-DIRECTED BEHAVIOR

<https://kindnessmatters365.org/2021/02/09/goal-directed-behavior-intro-powtoon/>

OR

<https://kindnessmatters365.org/2020/08/02/goal-directed-behavior-with-nfl-tn-titans-greg-joseph/>

4. **Understanding/Personalization** Ask participants to think about segments of their lives where they might want to have goals (extra-curricular activity such as sports, academic, helping someone else, etc.) Goals can be individual or group-oriented. Review the suggestions for being successful in meeting goals from the intro video that you watched and discuss the benefit of having a visual aid a) to remember the important steps in setting/meeting goals and b) to work towards meeting a specific goal.

Download [Goal-Setting Tips](#) and/or [Goal Template](#) as examples of what visuals can look like (although these examples will not align completely with the points in the intro videos above). Have participants make a personal visual aid as a reminder when they need to set goals.

5. **Non-Profit Speaker, Video, or Discussion/“Kindness in Action”**

This month, you can choose to have participants make a goal plan for something that is important to them individually, for an organization your club wishes to support the following month or you can use the goal planning strategies to plan how your club can support [Cereal4All](#)'s yearly donation drive. (Use the link to Cereal4All to reach out to Luke and Jett if you'd like to invite them to join your meeting. ***In addition to talking about their organization, consider inviting them***

Materials Needed:

- Paper
- Pencil/crayon/pen

- [Cereal4All flyer](#)
- [Service Organization Ideas](#)

to address how they used goal-directed behavior to create their non-profit and to run the annual cereal drives.)

If your club meets virtually, ask participants to strategize how they might support Cereal4All this year. (donate cereal to a local food bank, ask a local market to donate to their local food bank, coordinate a building or neighborhood donation drive, social media campaign, etc.)

This is an opportunity for participants to learn about longer term goal setting, planning for a donation drive that will happen in March or earlier April.

If you will not be meeting with a service organization or planning a group service project, invite participants

a) to think about goals they met in the past and share with the group the strategies they employed that helped them be successful.

b) to think about goals they didn't meet. Did they use the same strategies as they used for goals they met? How might they pursue that goal differently now?

c) to consider what to do if they decide one of their goals isn't the right fit for them

d) to discuss how goal setting can be applied to gratitude/compassion/kindness or to service to others

6. Reflection

What will you do differently tomorrow because of what you learned today?

How will you explain/teach about this topic to others?

If you worked with a service organization, Why do you think (insert service organization name) is important to our community?

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. 😊