

# MARCH: PERSONAL RESPONSIBILITY

## Sample Kindness Club Meeting: 2nd-3rd Grades

**Ambassadors:** *Since this meeting plan contains a lot of content, feel free to pick and choose specific activities to include.*

March's meeting theme: **Responsible Superheroes**

*For this month's meeting, encourage participants to come dressed in superhero costumes/bring something related to superheroes (whether they are virtual or in-person). For instance, they can wear a superhero cape to the meeting or bring a toy related to superheroes. However, if they don't feel comfortable/would rather not wear or bring anything superhero-related to the meeting, it's okay!*

*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.*

*Prior to the start of meetings (as everyone starts coming on), during activities, and at the end - play fun and appropriate background music so kids are instantly engaged (you can use the **Meeting Music Playlist** document for suggestions). Encourage kids to get up and dance if they want to move around during the meeting. However, understand not every kid will feel comfortable dancing and that's okay. ☺*

### [Link to Engagement Strategies for virtual meetings](#)

**Scavenger Hunt** - Create a small list of items club members will need to scavenge from throughout their room/home/classroom. Keep the list short and make sure the items will be things that they can find relatively quickly. The list can link to March's SEL topic: Personal Responsibility and include items such as

- A pencil
- A toothbrush
- A lunchbox
- Homework
- A book
- Find something you are responsible for taking care of/something that represents one of your personal responsibilities

**Note:** *This strategy pairs especially well with March's SEL topic because the kids can try to look for items that they are personally responsible for!*

**PERSONAL RESPONSIBILITY:** Determining what is our responsibility, and what is NOT our responsibility. Deciding our role in helping ourselves, our community, our world. Accepting responsibility for our decisions and actions.

## 8: PERSONAL RESPONSIBILITY TEMPLATE



## Your Notes

Depending on the Engagement Strategy you chose, ask participants to come to the meeting with:

- Paper
- Coloring tools
- Their imaginations!

1. **“Check in”/“Attitude of Gratitude”** How are we feeling /welcome to our time today. What are you grateful for today? Discuss, journal, take a moment to contemplate – can be quick & powerful. Click this [link](#) for more check-in strategies/activities you can use at the start of the meeting. A strategy you can use is asking participants to finish the sentence
  - a. “A success I recently had was...”
  - b. “One thing that’s new about...”
  - c. “On a scale of 1 to 10, I feel...” (10 means I feel absolutely great)
  - d. **“One thing I am personally responsible for is...”**
  - e. **“To me, personal responsibility means...”**

The last two examples would be beneficial to implement as they directly correspond to March’s SEL topic and can help the ambassadors gauge the participants’ understanding of personal responsibility before diving into the meeting’s content.

2. **KM365 Tool** Today, we are going to focus on becoming present with ourselves in the moment by learning a guided meditation exercise from the KM365 online toolbox. Together, we will meditate by engaging in the exercise: [Shoulder Roll with Georgie](#) so we can feel relaxed, calm, and grateful for the day.
3. **Review & Intro** Review GOAL-DIRECTED BEHAVIOR (last month’s topic) by sharing one goal you have for the day and introduce PERSONAL RESPONSIBILITY. Ask participants how they think the two concepts are related (gathering these initial thoughts can lead to great discussion later). Play this month’s Powtoon so they can find out if their thoughts were correct and/or if they can build on what they already know. [Personal Responsibility \\_ Resource Library](#)
4. **Understanding/Personalization** Fun game, story, dialogue/share, drawing, journaling: what does PERSONAL RESPONSIBILITY mean to ME?

*Ambassadors: please remind club members that breathing/meditation tools can be used anytime they want/need them in their lives. Using one tool each day helps be ready for situations that may come our way. Also, go over the tools we used in the previous month’s meeting plans, so kids can remember them and have a variety to choose from.*

- As a group, have a debrief session and discuss the meaning of personal responsibility as highlighted in the Powtoon
- Altogether, come up with examples of personal responsibilities such as walking the dog, helping parents wash dishes, and even making sure we take time during our days to ourselves aka being personally responsible for “me time”
  - Make the connection between **personal responsibilities** and **superhero powers** as each superhero has powers that they use to carry out their personal responsibilities, such as keeping their communities safe
- **Responsible Superheroes**
  - Have participants select **2-3** personal responsibilities
  - On a piece of paper, tell participants to draw an outline of themselves as a superhero
    - Emphasize that they can design their outlines however they like
  - Tell students to write and label their 8-10 personal responsibilities branching out from their superhero outline
    - This shows that while each participant may have a different set of personal responsibilities, we are all superheroes
  - Encourage participants to share their “**Why**” behind the personal responsibilities they chose to include
  - Example with more traits & responsibilities:

**Materials:**

- A piece of white copy paper
- Coloring/writing utensils
  - Pencils
  - Markers
  - Pens



- Just like at last month's meeting, stress with participants the importance of learning to **actively listen** to others.
    - **Active listening** is an important part of **communication**, which is a huge relationship skill! It's all about paying attention and showing that you are focused on the speaker. Active listeners show the speaker respect and kindness by paying full attention to them.
    - During the meeting, active listening occurs when all participants are fully **engaged** with the speaker as they present their Responsible Superheroes. This involves all eyes on the speaker and questions/comments made after the speaker is finished
    - [More information on active listening](#)
5. **Non-Profit Speaker, Video, or Discussion** One important part of Personal Responsibility is deciding our role in helping ourselves, our community, and our world. Check out the organizations' websites below to learn more about ways you can help move your personal responsibility forward by making an impact in the lives of others just as superheroes do each day!
- a. [Christine's Hope for Kids](#)
    - i. Host a pajama day with donations and donate gently used books (book drive) during an upcoming meeting
  - b. [Touch a Heart Foundation](#)
    - i. Make letters, give dream-catchers and blankets for children in need, distress, entering foster care

Below is a resource Ambassadors can use to learn more about Personal Responsibility in terms of ethics and Social Emotional Learning.

- [SEL for Students: Ethical Decision-Making and Social Responsibility](#)

Christine's Hope for Kids  
T: 609-406-7861

6. **“Kindness in Action”** Project or experience - create a hands-on project/experience in support of the speaker or about PERSONAL RESPONSIBILITY.

By carrying out our personal responsibilities, we can help ourselves and those around us, just as we learned when making our Responsible Superheroes. Along with taking part in the activities tied with Christine’s Hope for Kids and Touch a Heart Foundation, here’s another project that will positively impact kids’ understanding of personal responsibility. Inspiration from [Thoughtco Responsibility Poem](#)

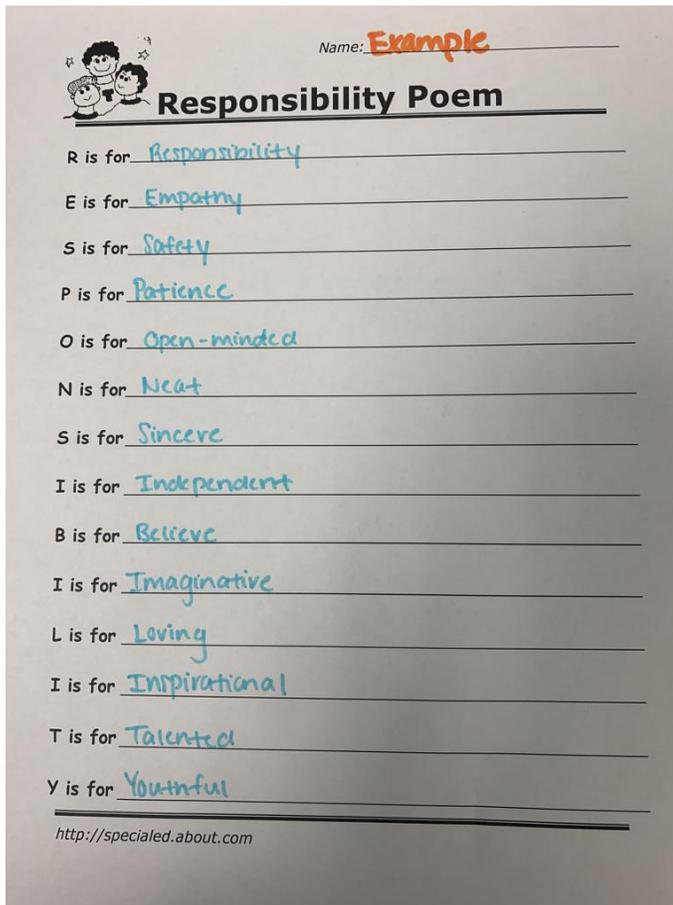
### Responsibility Poem

- Participants use the letters/word: “R-E-S-P-O-N-S-I-B-I-L-I-T-Y” to write a poem about what responsibility means to them.
- Participants will use this [PDF document](#) OR create their own layout on a piece of blank copy paper
- They will come up with a word or words that correspond to the given letter and think captures the meaning of responsibility
  - Ambassadors: Feel free to lend a helping hand for those participants who need inspiration coming up with words/correctly spelling words for their poems
  - I.e. The letter “R” can simply stand for *responsibility* or *respect*
- After each participant fills out their poem, encourage them to share their poems to the rest of the group just as they did with their Responsible Superheroes
  - Use questions such as these to guide the discussion and foster a sense of peer interaction amongst the group
    - “What word did you put for the letter...?”
    - “Why did you decide on that word?”
    - “Do you have any personal experience that goes along with why you chose that word?”
    - “What was your favorite word that someone else in the group chose to include in their poem and why?”
    - “What is your favorite word that you included in your poem and why?”
  - Example

Touch a Heart Foundation  
(contact through website)

#### Materials:

- The PDF document or a piece of copy paper
- Writing utensils
  - Pencils, pens, markers, etc.



7. **Reflection** Discussion from KM365 Reflection Prompts.

SEL Topic Reflection Prompts

a. SEL Topic Reflection Prompts

- i. Reflect on/look at your Responsibility Poem. What are some words you didn't include, but you still want to use?
- ii. What is one of your personal responsibilities you have for yourself?
- iii. What is something you're responsible for at home? At school? In your community?
- iv. Why are your personal responsibilities important to you?

b. Kindness in Action Reflection Prompts

- i. What is one thing you learned from the speaker's presentation?
  1. How does it relate to personal responsibility?
  2. After hearing the speaker present, is there something you thought of that you could include on your

- responsible superhero that you left out at first?
- ii. How do our **personal** responsibilities help everyone, including ourselves?
  - iii. What are some things you will do differently tomorrow because of what you learned today?
8. **Peace Pledge** Read peace pledge to group, email/social media to parents asking them to go over the pledge with their kids and put the pledge into their own words. **If time permits**, make connections by applying the peace pledge to the “Kindness in Action” activity.
9. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your [monthly reporting!](#) Go over the main ideas/points highlighted in March’s meeting about Personal Responsibility.
- a. Encourage participants to share their Responsible Superhero and Responsibility Poem to their parents/family/friends
    - i. Invite them to create their own superhero and poem to display somewhere around their home
  - b. Send follow up communication to parents with summary of the meeting’s events with complete instructions of the **Responsible Superhero** activity and **Responsibility Poem**. Provide more information to parents about both Christine’s Hope for Kids and Touch a Heart Foundation.

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