



Month	Topic	Description
Aug.	Why does Kindness Matter?	Why what we are about to explore and discover is so important to our well-being! Gratitude, Compassion, and Kindness as the basis for kids developing life skills and engaging in community problem solving.
Sept.	Self-Awareness	The ability to recognize, consider and understand our emotions, thoughts, abilities and actions.
Oct.	Kindness to Yourself	Exploring ways we can take care of our emotional, mental and physical well being - including self compassion.
Nov.	Gratitude	Noticing and appreciating the good things in your life; shifting your focus from things you don't have to things you do have.
Dec.	Self-Navigation	Being mindful in exploring and developing skills to help us intentionally navigate situations and respond vs. react.
Jan.	Understanding and Respecting Others	Realizing that everyone is important and has something to contribute; interacting with a sense of curiosity so we can hear, see, and learn from each other.
Feb.	Compassion	The ability to understand and feel what someone else is feeling; as well as a desire to alleviate someone else's suffering.
March	Optimistic Thinking	Feeling hopeful; even in challenging times, understanding those things we can control and confidently directing our actions toward the positive.
April	Personal Responsibility	Determining what is our responsibility, and what is not our responsibility. Deciding our role in helping ourselves, our community, our world and making conscious choices.
May	Reflection	Reflect upon the amazingness from our past school year with KM365; celebrate our accomplishments and contemplate how what we explored impacted us; what will we do now - considering what we discovered?
June	Summer Recharge	Restore and Reconnect – Restore ourselves and reconnect with our intention and goals.
July	Connection & Community	Kindness to others and the world through community connection and engagement.

Throughout a year of programming, KM365 presents concepts and skills in engaging and understandable ways so kids can feel and be their best. Children and teens are able to discover how to be kind to themselves, each other, and our world - today and for a lifetime.