

# Gratitude

## Sample Meeting Plan

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 in), during activities, and at the end - play fun and appropriate background music so kids are engaged. Encourage kids to get up and move/dance if they'd like understanding everyone may not choose to move and that's OK! ☺

**TOPIC:** Gratitude: Noticing and feeling grateful for the good things in our lives and shifting our focus from what we do not have to what we do have.

1. **“Check in”** - Have 3 emojis displayed on the board. Provide post its or markers for the students to write their name or initials under the emoji representing how they feel.
2. **KM365 Tool** Today we are going to start with a breathing exercise. Make sure everyone in the room can see you. Pretend that you are holding a beautiful flower. Explain to the students that you are going to smell the petals to inhale and blow on the leaves to exhale. You can create a visual for the students to see as an example. Take a deep breath in to smell the flower and then blow out like you are blowing on the leaves. Repeat 2-3 times.
3. **Review & Intro** Review last month’s topic of Kindness to yourself and share that, now that we’ve explored why it’s important to be kind to ourselves and discovered some ways we can each be kind to ourselves...now we are going to talk about GRATITUDE. We can be grateful for who we are and things we can do, as well as be grateful for other people and things. Explain that Gratitude is noticing and appreciating the good things in your life. Shifting one’s focus from the things you do not have to the things you do have. Play the intro video located in the Resource Library. [https://kindnessmatters365.org/2023/10/20/gratitude-powtoon/?tx\\_category=format-video,gratitude](https://kindnessmatters365.org/2023/10/20/gratitude-powtoon/?tx_category=format-video,gratitude)



### Your Notes

Name \_\_\_\_\_

**MENTAL HEALTH CHECK IN**  
Circle the picture that best describes how you are feeling today.

 Excited	 Sad	 Scared
 Silly	 Angry	 Happy

In words or pictures, explain how you are feeling:



4. **Understanding/Personalization** Explain to students that being grateful when we notice and appreciate the good in our lives. When we are grateful, we shift our focus from the things we do NOT have to the things we DO have, Have the students close their eyes and ask them the following questions. *If you would like to have the students to journal, they can write/sketch the questions and answers.*  
What makes you smile? Who is the most important person in your life? What is your favorite room in your house or school? What is your favorite food? What is your favorite animal? All of these can be things we are grateful for.
5. **"Kindness in Action"** Students will create a GRATITUDE poster. They can draw and write different things and people that they are grateful for in their lives. Since November is Thanksgiving, we are going to brainstorm different ways to help our community. *Students can create notes of thanks/ gratitude to give out to different members in the community.*
6. **Reflection** What do we want to share about what we learned about gratitude? Considering what we explored today, how might we look at things / do things differently tomorrow?
7. **Peace Pledge** Kids for Peace or read one your group created.
8. **Wrap Up** Photos, certificates of appreciation, handouts. *Be sure to notify parents about the service project including what, how, where and when to donate.*

Please remember to post, and turn in your [monthly reporting!](#)

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

