

GRATITUDE

Sample Meeting Plan; HIGH SCHOOL

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! 😊

GRATITUDE: Noticing and appreciating the good things in your life; shifting your focus from things you don't have to things you do have.

1. **“Check in”** When we do daily feelings check-ins, we recognize that all feelings are okay. It then opens up the conversation that how we handle those feelings makes all the difference. Feelings check-ins communicate that how everyone feels is important. And that as part of a community, someone is going to care how you feel.

Feelings Check in: **Private check in:** Prompt on Chalk Board or Feelings Wheel for when students arrive to write down or check off their feelings to keep it personal. **Open discussion check in:** Have students raise hands for sharing different feelings or have everyone throw a thumbs up or thumbs down.

2. **KM365 Tool:** An opportunity to be in the present moment and get centered. Head Space video: <https://youtu.be/cEqZthCaMpo>

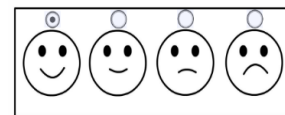
3. **Review & Intro** Last month's topic was Kindness to Yourself: Exploring ways we can take care of our emotional, mental, and physical well being. This month's topic is GRATITUDE...a perfect way to integrate and expand upon Kindness to Yourself.

4. **Understanding/Personalization** Spend your time together creating personal cards of Gratitude. These can be written to themselves (what are you grateful for about yourself), each other, teachers, family members.....

5. **“Kindness in Action:** Take some of the Gratitude cards created for teachers and staff at school and pass them out! Maybe make a fun video to share on the morning announcements.



Your Notes



SPANISH RIVER HS

VIDEO LINK HERE:

<https://www.dropbox.com/s/3btbyxc5255e8q/High%20School%20kindness%20notes%20video%20SRHS.mp4?dl=0>

6. **Reflection** Now that we have explored the topic of Gratitude:
- How do you feel differently than before this conversation?
 - Did you come up with new things you are grateful for?
 - How will you use the concept of Gratitude going forward?
 - What would you share and discuss with others about what you discovered?
 - What are you MOST grateful for right now?

7. **Peace Pledge** Kids for Peace, Spoken Word 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 for questions or comments. □

