

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! 😊

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”** A check-in journal is a great daily activity to start with your class meetings. Each journal entry can have a different way to check in with a Question of the Day. Some of the topics included are gratitude, giving other compliments, emotional "temperature" check, and more. Start today's meeting by either giving them a journal, uploading, and creating their digital journal or referring to the journal they have already created for documenting today's feelings.

Sometimes focusing on what positive strengths you are grateful for, in the moment, is a good place to start. You can keep it private or open discussion.

2. **KM365 Tool:** Take the next 5-7 minutes for kids to share, discuss, think about or journal the things they are grateful for. This can be a private happening or an open discussion. Maybe pair up for smaller group discussion.

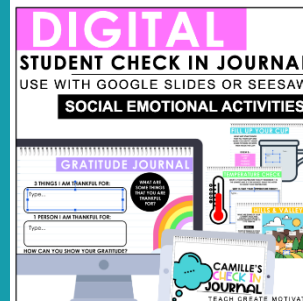
7 scientifically proven BENEFITS of feeling GRATITUDE:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength



Your Notes

<https://www.teachcreatemotivate.com/downloads/distance-learning-digital-student-check-in-journal-social-emotional-learning/>



<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude#:~:text=Here%20are%207%20scientifically%20proven%20benefits%3A%201%20gratitude,self-esteem.%20...%20Gratitude%20increases%20mental%20strength.%20>

