

TOPIC Kindness to Yourself

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.

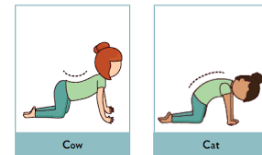
Prior to the start of meetings (as everyone starts coming in), during activities, and at the end - play fun and appropriate background music so kids are engaged. Encourage kids to get up and move/dance if they'd like understanding everyone may not choose to move and that's OK! 😊

TOPIC: Kindness to Yourself- exploring ways we can take care of our emotional, mental, and physical well-being- including self-compassion.

1. **“Check in”** Have four bins labeled with different colors: Red, Green, Yellow, Dark Purple and Blue. Have the students drop a pom-pom/popsicle stick/ rock/ (any manipulative) into the bin which represents how they are feeling. Afterwards, count the objects in each bin and discuss the feelings that each color represents. It could also be a great idea to see how the group seems to be feeling by seeing which bin has the most objects. It is important for the students to acknowledge that it is normal and ok for our feelings to change.
2. **KM365 Tool** - Today, we are going to begin by stretching our bodies in order to prepare our brains to work.https://kindnessmatters365.org/2020/09/18/cat-cow-seated-yoga/?type_of_tool=Mindfulness%20Tools,Check%20In%20Activities&tx_category=type-tool&_page=3
3. **Review & Intro** Review last month's topic: Self Awareness. Since we have already discussed recognizing, considering and understanding our emotions, thoughts, abilities, and actions, we are now ready to talk about being kind **to ourselves**. By being aware of what is going on inside of us, we will be better able to identify areas we may want to change in order to increase self-kindness. We define kindness to ourselves as exploring ways we can take care of our emotional, mental, and physical wellbeing; these include including self-compassion. It is important to have the words **emotional health and physical health boldly displayed**. When we practice self-kindness we are taking care of



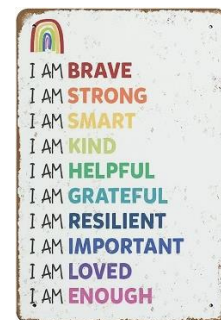
Your Notes



CAT COW

SEATED YOGA

https://kindnessmatters365.org/2020/09/18/cat-cow-seated-yoga/?type_of_tool=Mindfulness%20Tools,Check%20In%20Activities&tx_category=type-tool&_page=3



I am statements
from Resource
Library

our emotional health, our brains and our hearts. One way to engage in self kindness is to partake in activities that calm our minds down. Mindfulness is the ability to pay attention to what is happening to our bodies and minds. When we are being "mindful", we are showing self-awareness and are better able to care for both our physical and emotional wellbeing. Have the students help to create a list of ways to being mindful. Some examples for mental health could be practicing gratitude, breathing exercises, brain breaks, listening to or making music, writing in a journal, coloring, drawing, and/or reading. Physical health examples could include exercising, getting enough sleep, eating healthy foods, playing sports, drinking water etc.

4. **Understanding/Personalization**

Introduce that "**I am statements**" are little love notes to your brain and heart. Have students close their eyes and repeat each one of the following "I am" statements after you. Then, ask why these expressions are important.

- I am important
- I am growing
- I am loved
- I am hard working
- I am smart
- I am brave
- I am enough
- I am beautiful

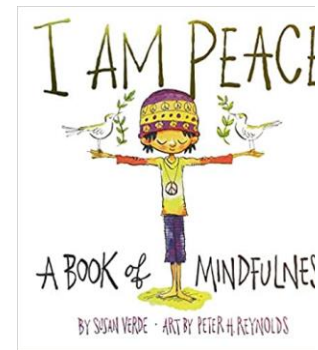
5. **"Kindness in Action"** Students will create an "I Am" notebook. Pass out blank pieces of paper to each student. Students will hold the papers and fold them horizontally to create a book before stapling them together. On the cover, have the students write their names and then encourage them to create a title for their books.

Example of titles can be: "My I am" book by.... Or " My Self-kindness book by"...

Students will copy, glue printed statements or create I am statements on the front and back of each page of the book. Younger students can illustrate what the "I Am" statements mean to them while older students should write a sentence or two to exemplify their meaning. This book should be worked on each day and should be completed by the end of the month and before the next KM365 meeting.

Follow Up/Extension: Students can add self-awareness strategies to their books to give themselves a creative outlet to explore self-help strategies.

Ex. I can relax my mind by...
I make myself happy by...
I can eat healthy foods by....
I can relax my body by...



Book to Connect: I am Peace a Book of Mindfulness by Susan Verde & Peter H. Reynolds

<https://www.youtube.com/watch?v=ya9G3o7TqGE>

6. **Reflection** What do you think you may do differently tomorrow because of what you learned today? Why do you think it is important for us to show kindness and how does it help to become more mindful
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 for questions or comments. 😊