



# Self-Kindness

## 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! ☺

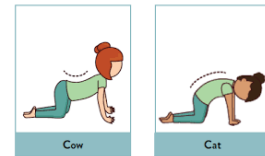
**TOPIC:** Self-Kindness is defined as exploring ways to care for our emotional, mental, and physical well-being- including practicing self-compassion.

1. **“Check in”** Have four bins labeled with different colors Red, Green, Yellow, Dark Purple/Blue- have the students drop a pom-pom/popsicle stick/ rock/ (any manipulative) into the bin representing how they feel. Then count each bin and talk about the different feelings that can represent each color and how the group is feeling today. Explaining that each time we show up, we can be feeling different and that's ok! Ambassadors, validate their feelings and do not judge.
2. **KM365 Tool** Today we are going to start by stretching our bodies to get our brains ready 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](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. Last month, we explored recognizing, considering and understanding our emotions, thoughts, abilities, and actions. Being aware of what is going on inside of us helps us discover areas we might want or need to support with some kindness to ourselves!
4. **Understanding/Personalization** We define kindness to ourselves as exploring ways we can take care of our emotional, mental, and physical wellbeing including self-compassion. Have

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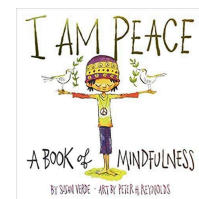


### Your Notes



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



displayed the words **emotional/mental health and physical health**. When we practice kindness to ourselves to take care of our emotional/mental health, we are taking care of our brains and the inside of our heart. Doing activities that calm our minds down. Mindfulness is a great example how we exercise self-awareness regarding our *emotional/mental health*. Mindfulness is paying attention to what is going on the inside and the outside of our bodies. On the other hand, when we practice kindness to ourselves, to take care of our physical health, we are doing things to take care of our bodies and how they are operating. Students will help create a list of examples for each. Some examples for mental health could be practicing gratitude, breathing exercises, brain breaks, music, writing in a journal, coloring or drawing, reading, etc. Physical health examples could include exercising, getting enough sleep, eating healthy, playing sports, drinking water etc.

Prompts to help the members:

I can relax my mind by...

I make myself happy by...

I can take care of my body by ....

I can relax my body by...

5. **“Kindness in Action”** World Bullying Prevention Month: Take the pledge to stand up against bullying. Students can use the attached pledge or create one of their own. When we take care of ourselves and our needs, when our personal batteries are charged...we are better positioned to be both a good friend and a caring citizen.
6. **Reflection** What will you do differently tomorrow because of what you learned today? Why do you think it is important for us to show kindness in this area? How will kindness help? Give an example of how you would encounter this issue in your daily life and explain how you might approach it differently tomorrow than you did yesterday, given what we learned today.
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 report](#)**

**Book to Connect: I am Peace a Book of Mindfulness by Susan Verde & Peter H. Reynolds**  
<https://www.youtube.com/watch?v=ya9G3o7TgGE>

#### Anti-Bully Pledge



<https://kindnessmatters365.org/2024/10/07/anti-bullying-pledge-2>