

# SELF-NAVIGATION

## 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 on), during activities, and at the end - play fun and appropriate background music so kids are instantly engaged. Encourage kids to get up and dance if they want to move around. However, understand every kid won't feel comfortable dancing and that's okay. ☺

**Self-Navigation:** Being mindful in exploring and developing skills to help us *intentionally* navigate situations and **respond** versus react. Some think of Self-Navigation as Self-Control or Self-Regulation – but we see it more as an opportunity to choose how to pilot situations.

1. **“Check in” Mental Health Check In**-Display the Pixar Check in. Have students write their names on either a dry erase board or on sticky notes. Have them place their names next to an appropriate feeling and its corresponding picture. Discuss the different types of feelings as you acknowledge that feelings can change throughout the day.
2. **KM365 Tool**-Today we are going to begin with a breathing exercise by using the Heart and hand belly breath from the Resource Library.
3. **Review & Intro- Let's build on what we've learned and how that supports what we'll talk about this month.** A couple months ago, we explored **Self Awareness** – and saw how we could recognize, consider and understand our emotions, thoughts, abilities and actions. Putting that all together, we are ready to talk about **Self-Navigation**. SN is being mindful in exploring and developing skills to help us *intentionally* navigate situations and **respond** versus react. Break that definition down together...ask the kids to share their thoughts on what that sentence SN means, give an example of when you self-navigated and see if they have any. (Times you were super excited, upset, or anxious...how you used your tools of self-awareness, kindness to yourself, gratitude and then self-navigated). Maybe address how powerful it is that we get to decide how we want to approach things – and then do that with our actions!



## Your Notes

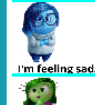
### MENTAL HEALTH CHECK-IN EDITION



I'm Feeling Annoyed and a bit like Anger



I'm feeling happy and Good



I'm feeling sad/upset

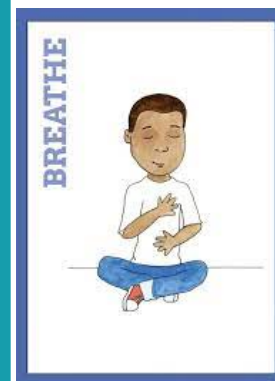


I am not not enjoying things I normally do



I am feeling a bit nervous and Scared

[https://kindnessmatters365.org/2022/11/26/pixar-feelings-check-in/?tx\\_category=type-tool](https://kindnessmatters365.org/2022/11/26/pixar-feelings-check-in/?tx_category=type-tool)



[https://kindnessmatters365.org/2020/07/30/tool-hands-heart-and-belly-breath-rapperport/?tx\\_category=type-tool&\\_page=7](https://kindnessmatters365.org/2020/07/30/tool-hands-heart-and-belly-breath-rapperport/?tx_category=type-tool&_page=7)

4. **Understanding/Personalization-** Today we are going to begin with an activity that can be accomplished on either a large board or on individual pieces of paper. Distribute a blank piece of paper to the students. Create a list of daily positive and negative situations on a chart. Next to each, list possible solutions that the students can use to successfully navigate different emotions. Example may include feeling nervous about an upcoming test, feeling excited about a trip, feeling angry when a friend behaves rudely, or being upset that you received an unsatisfactory grade on an exam. Discuss coping skills that can be helpful to use when dealing with sad or angry feelings. Encourage the kids to take deep breaths, count to ten before responding, walk away, and or listen to calming music. You can refer to the list in the Resource Library for more ideas. The Wheel of Action- On another sheet of blank paper, have the students draw a big circle and then have them divide it into 8 equal pieces. Have the students select 8 coping strategies and then illustrate each one.

5. **“Kindness in Action”** Create a Calming Jar- A calming jar helps to teach us how to control our emotions as well as how to self-regulate. Begin by decorating either a plastic jar or bottle. When that is completed, fill half the bottle with water and then pour clear glue, food coloring and glitter. Securely seal the lid and then shake as you observe the glitter settle. See how it makes you feel. If you do not have the supplies to create jars, print out mindful coloring sheets and encourage the students to establish a designated time each day to practice taking deep breaths while mindfully coloring.

6. **Reflection-** Encourage the students to share something that inspired them and that they feel could be helpful to others. Empowering kids by reinforcing that they make a difference is truly powerful!

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 reports](#).

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



<https://kindnessmatters365.org/2022/11/26/wheel-of-action/>