

# TOPIC WHY DOES KINDNESS MATTER

## 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: Why Kindness Matters:** Understanding the importance of developing life skills and engaging in community problem-solving through our exploration of gratitude, compassion, and kindness.

**“Check in”** Display the Feeling Check-in Chart. Have each member write his/her name on a post it. Instruct the kids to place the post it onto a picture that represents how they are feeling. The check in is at the bottom of this lesson. You can print, display, or draw the check in activity for the students to see. It is important to acknowledge how each student feels and to discuss that depending on daily events, feelings can change multiple times during a single day. It is very important for the students to believe changing feelings is normal and ok.

1. **KM365 Tool** We are going to practice taking long deep breaths through our noses and out of our mouths. When we take long breaths, we are able to clear our heads in order to prepare our brains for learning. Breathing Exercise video: [https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx\\_category=format-video](https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx_category=format-video)
2. **Review & Intro** Introduce KM365 and the club's guidelines. Today, we will be discussing why kindness is important. In order to demonstrate why being kind is so important, Draw two columns onto a piece of chart paper or display them on a big screen. Label the first column, kindness to others and the second column, kindness to yourself. Encourage the students to brainstorm as you list their ideas. Examples of kindness to others may include things like helping, sharing,



### Your Notes

#### Feelings Check-in

##### MENTAL HEALTH CHECK-IN



[https://kindnessmatters365.org/2022/11/04/mental-health-check-in/?tx\\_category=type-tool](https://kindnessmatters365.org/2022/11/04/mental-health-check-in/?tx_category=type-tool)

#### BECOMING PRESENT BREATHING EXERCISE

[https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx\\_category=format-video](https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx_category=format-video)

Skittle kindness Game

holding a door, smiling at a classmate, etc. Examples of kindness to oneself may include relaxing in a special place, reading a book, drawing, exercising, playing a favorite game, brain breaks, eating healthy foods, etc. Describe to the students that in Kindness Matters 365, we will be learning how to be kind to our community as well as to ourselves. Name and list examples of acts of kindness and why it is important. Together, construct a definition of what kindness means to the club.



3. **Understanding/Personalization** Skittles Kindness Game- you can use anything that has 5 different colors such as Skittles, M&M's, pompoms, buttons, popsicle sticks etc. Display the 5 colored skittles- Red, Orange, Yellow, Green, and Purple and then have the students draw circles using the 5 different colored skittles onto sheets of blank paper. Read each kindness question out loud and then give them a chance to record their answers. Red-How do you feel when you are kind to other people?

Orange-What does kindness look or sound like?

Yellow-How could you show kindness to someone you do not know?

Green-When was someone kind to you? How did it feel?

Purple Has someone ever been unkind to you? How did it feel?

Record the students' answers as you encourage them to take turns talking about their responses and feelings.

5. **"Kindness in Action"** Students will create a Kindness Journal by using a notebook, folder or pieces of stapled paper. The journals will be used at every meeting. All KM365 activities should be glued or stapled inside. On the cover, display both your club's and student's name and grade level. Encourage the children to decorate their journals with stickers, markers etc. The first page of the journal should have the Peace Pledge followed by results of The Skittle Kindness Game.
6. **Reflection** Ask the kids if they think that they will behave differently tomorrow based on what they learned today. In addition, ask the students why they think it is important to show kindness .
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*

KM 365 Journal



what, how, where and when to donate.

**Please remember to post, and turn in your monthly reporting!**

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

# MENTAL HEALTH CHECK-IN

HOW ARE YOU REALLY?  
COMMENT AN EMOJI BELOW!



FEELING GREAT



FEELING OK



FEELING HOPEFUL



FEELING LONELY



REALLY STRUGGLING



TAKING IT ONE DAY AT A TIME

