



## CLUB TAKE HOME: Understanding and Respecting Others

Kindness Matters 365 is a nonprofit that helps children explore social emotional skills and practice what they discover through community engagement. Kids consider how to be compassionate to themselves, others, and our world. We aim to improve a sense of unity and the capacity to non-violently resolve conflicts, to advance safe schools and communities, to improve academic achievement and career readiness, and to inspire a kinder world.

### *KINDNESS CLOSEUP - What we are learning with KM365*

The KM365 topic of the month is **Understanding and Respecting Others**: Realizing that everyone is important and has something to contribute; interacting with a sense of curiosity so we can hear, see, and learn from each other.

At home, try:

- Talking about what your kids learned in club about Understanding and Respecting Others and what they will do differently after understanding the importance of this concept.
- Creating/participating in a family service project, for example:
  - ✓ Donate items in your home you no longer need
  - ✓ Visit a local nursing home as a family
  - ✓ Clean up litter around the neighborhood or a nearby park
  - ✓ Create care packages for families in need around the holidays
  - ✓ Write inspirational letters to and/or make uplifting art for children in hospitals
- Having a family “Listening Circle”: ask questions and really listen to responses, simply to learn about what each other thinks and feels. Questions might include:
  - ✓ Where would you travel if you could go anywhere in the world?
  - ✓ What makes you feel happiest?
  - ✓ If you were an animal, which one would you be?
  - ✓ Who do you look up to the most and why?
  - ✓ When you grow up, what do you want to be?
- Engaging in Diversity Story Time, trying to pick books about people of different cultures, race/ethnicities, religions, and other backgrounds. Discuss how differences make the world a better place and ask what they learned from the story.

### **Additional Reading / Viewing**

<https://kindnessmatters365.org/2020/07/12/social-awareness-at-home-aperture-education/>

Title: **The Way I Feel** Author: Janan Cain. Grade level Pre-K-2

Title: **Little Big Feelings** Author: Deb Mills. Grade level K-3

Title: **Can I Do Hard Things: Mindful Affirmation for Kids** Author: Gabi Garcia. Grade level 1-4

Title: **Social Skills Lessons and Activities For Grades 4-6**. Author: Ruth Weltmaxx. Grade level 4-6

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