

# UNDERSTANDING & RESPECTING OTHERS

## Kindness Club Meeting

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.

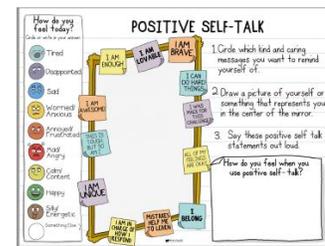
If your meetings are online, be sure to notify parents in advance about any materials needed so club members have supplies ready.

**UNDERSTANDING & 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 one another.

1. **“Check in” Connection activity** - Ask the students how they are feeling? Take a minute to get connected before beginning the meeting. Have students complete the Positive Self Talk Activity found in the Resource Library.
2. **KM365 Tool Guided Meditation** from the KM Toolbox, Becoming Present. Encourage the students to acknowledge how they are feeling. Remind them they can recreate positive feelings for themselves whenever they need/want to.
3. **Review & Intro** Review last month’s topic Self Navigation, which is being mindful in exploring and developing skills that enable us to intentionally navigate situations and then respond versus simply to react. This month’s topic is UNDERSTANDING & RESPECTING OTHERS which is defined as realizing that everyone is important and has something useful to contribute; interacting with a sense of curiosity so that we can hear, see, and learn from each other. Write the word RESPECT on the board. Brainstorm with the students about what they are feeling and what the word Respect means to them. Make certain to record their responses. Explain that this month we are going to celebrate acceptance and diversity. Emphasize that each of us has different strengths and characteristics that makes us unique. Reinforce the concept that when we accept and understand each other’s differences, we are able to learn from one another and live more peacefully together. To illustrate this, ask the students the different getting to know you questions. Encourage them to talk and then share their answers with the group.
4. **Understanding/Personalization** Distribute a blank sneaker to each student. Instruct them to decorate the sneaker as a representation of themselves. When the students are finished, hang the sneakers together and label the creation “No matter our differences, we all walk together”. Afterwards, Ask the students to find similarities and differences among themselves just like the differences and similarities evident in their sneakers. Reinforce



Your Notes:



Becoming Present Video:

[https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx\\_category=age9-12.type-tool.format-video](https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx_category=age9-12.type-tool.format-video)



<https://kindnessmatters365.org/2023/01/04/sneaker-activity/>

how important it is to acknowledge that each person, like each sneaker, is needed and should be respected.

5. **Non-Profit Speaker, Video, or Discussion- Introduction to Social Awareness from Resource Library.** [https://kindnessmatters365.org/2021/03/10/intro-to-social-awareness-casel/?tx\\_category=respecting-others&\\_page=3](https://kindnessmatters365.org/2021/03/10/intro-to-social-awareness-casel/?tx_category=respecting-others&_page=3)
  
6. **“Kindness in Action”**

Have the students sit in a circle on the floor. In either a bag or box, write each student's name onto a piece of paper or sticky note. The students will take turns picking a piece of paper, read the name on it, and then express a positive thought or compliment to their chosen classmate. It would be great to display the respectful Compliments on a board. OPTION 2- distribute a blank piece of paper to each student and then write his or her name on it. Then, the students will walk around the room and write one compliment on each piece of paper. At the end of this activity, everyone's paper should be covered with compliments.

  1. **Reflection** Encourage the students to share something that inspired them and that they feel could be helpful to others. I can tell you why it is important to be kind. I can take action for the issues learned today about part of our Civic responsibility.
  
  2. **Peace Pledge** Read Peace Pledge together (the one created by Kids for Peace on the dashboard or one your group created).
  
  3. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your [monthly reporting!](#)

Introduction to Social Awareness from Resource Library.  
[https://kindnessmatters365.org/2021/03/10/intro-to-social-awareness-casel/?tx\\_category=respecting-others&\\_page=3](https://kindnessmatters365.org/2021/03/10/intro-to-social-awareness-casel/?tx_category=respecting-others&_page=3)

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

