

UNDERSTANDING & RESPECTING OTHERS

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.

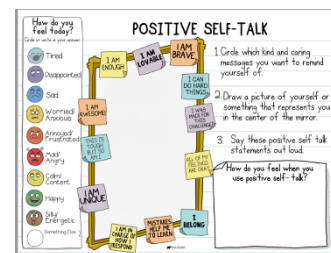
If your meetings are online, be sure to notify parents in advance about any materials needed so club members have supplies ready.

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.
<https://kindnessmatters365.org/2023/01/02/positive-self-talk-2/> *Please be mindful to acknowledge students’ feelings with a simple “I hear you”, or “I understand” instead of commenting on what they said or trying to make things better or different. The goal is to simply share and hear.
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 Now** that we have explored navigating situations and choosing how we respond which is great for making choices for ourselves, now we have the skills to begin understanding others. This month’s topic is UNDERSTANDING & RESPECTING OTHERS which is defined as 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. 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 . When we are curious about our similarities and differences, we can begin to understand each other, and we

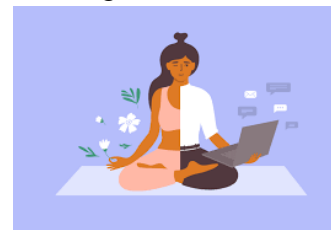


Your Notes:



<https://kindnessmatters365.org/2023/01/02/positive-self-talk-2/>

Becoming Present Video:



https://kindnessmatters365.org/2020/09/11/becoming-present-breathing-exercise/?tx_category=age-9-12,type-tool,format-video

respect that everyone has the right to be and feel the way they do, even if it is different from what we think. This respect allows us to accept beyond that, celebrate diversity of thought, abilities, ways of being, etc. Emphasize that each of us has different strengths and characteristics that make us unique. Reinforce the concept that when we accept and understand our 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 which are attached. Encourage them to talk about their perspective and discuss their answers with each other - again with a sense of curiosity. Practice responses of “I understand”, “I hear you” and maybe even some mirroring / repeating back what they heard to clarify the communication.

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 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-Invite** in a speaker to discuss how important connection and community means to both you and to the group or **Introduction to Social Awareness from Resource Library.**
https://kindnessmatters365.org/2021/03/10/intro-to-social-awareness-casel/?tx_category=respecting-others&page=3
6. **Kindness in Action” Create a Buddy Bench-** Find a bench in your playground, park or community that can be painted and decorated. If you are not permitted to paint, you can place kindness rocks and flowers next to it. In order to promote both kindness and respect , it would be fun to name the bench “Our Kindness Bench” or “Our Buddy Bench”. The bench can become a symbol of friendship to all



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



Introduction to Social Awareness from Resource Library.
https://kindnessmatters365.org/2021/03/10/intro-to-social-awareness-casel/?tx_category=respecting-others&page=3

who visit it. If a bench is unavailable, you can designate a seating area, a table or other area in any common space to become your symbol of mutual understanding and respect.

7. **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.
8. **Peace Pledge** Read Peace Pledge together (the one created by Kids for Peace on the dashboard or one your group created).
9. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your [monthly reporting!](#)

Contact Ambassador Support at
AmbassadorSupport@kindnessmatters365.org for questions or
comments. 😊