

# 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 each other.

1. **"Check in"** Connection activity - Ask the students how they are feeling? Take a minute to get connected before beginning the meeting. Tell the students that their feelings are like an internal and personal Weather Report that describes if they are feeling happy and calm (sunny), anxious/overwhelmed (stormy), or sad (gray and gloomy). Please make sure to remind the students that feelings, like weather, constantly change and that however they are feeling is ok. Have the kids take a moment to determine their own personal weather report and then encourage them to describe how they are feeling to the group. **\*\*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.**

[https://kindnessmatters365.org/2021/06/29/personal-weather-report/?type\\_of\\_tool=Check%20In%20Activities&tx\\_category=type-tool](https://kindnessmatters365.org/2021/06/29/personal-weather-report/?type_of_tool=Check%20In%20Activities&tx_category=type-tool)

2. **KM365 Tool** Butterfly Hugs- Have the students sit straight and tall either in their chairs or on the floor. Have them cross their arms in front of them. And then have each child hold his/her left shoulder with the right hand and right shoulder with the left hand. Have the students Breathe in and out 5 times with slow and deep breaths. Now, have them pretend that their hands are butterfly wings. Ask the students to gently flap their wings (hands) against their shoulders for a minute. Encourage the students to acknowledge how they are feeling. Repeat several times reminding them that they have the ability to take a moment at any time throughout their day.



## Your Notes:

What Kind of Emotional Weather  
Are You Having Today?



Give myself a butterfly hug  
using alternate hand taps.  
(Left, right, left, right)



Imagine that your hands are a butterfly.  
Flapping one wing, then the other.



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 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 puzzle piece to each child. Instruct the students to decorate it and to answer the questions on their piece. When the students are finished, glue the pieces together. Afterwards, ask the kids what would happen if a puzzle piece was missing. Listen to their responses and then emphasize that each student is like a piece of the puzzle, unique and important. Follow with dividing the students into pairs or groups of 4. Ask them to find similarities and differences among themselves just like the differences and similarities of their puzzle pieces. Reinforce how important it is to realize that each person, like each puzzle piece is needed and must 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



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 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.
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](mailto:AmbassadorSupport@kindnessmatters365.org) for questions or comments. 😊