

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 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 (grey and gloomy). Please make sure to remind the students that feelings, like weather constantly changes 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.
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 and remind them they can create this feeling for themselves whenever they need/want to! Repeat several times.



Your Notes:

What Kind of Emotional Weather Are You Having Today?



https://kindnessmatters365.org/2023/01/02/weather-mood-chart/?tx_category=type-tool

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.



https://kindnessmatters365.org/2023/01/02/butterfly-hugs/?type_of_tool=Mindfulness%20Tools&tx_category=type-tool

3. **Review & Intro** Review last month's topic Self Navigation, which is being mindful in exploring and developing skills to help us intentionally navigate situations and respond versus react. 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. Emphasize that each of us has different strengths and characteristics that makes 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 and discuss their answers with each other.

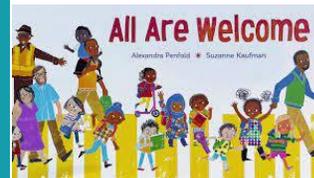
<https://kindnessmatters365.org/2023/01/02/getting-to-know-you-questions/>

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 emphasis 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** Suggested read alouds to reinforce the topic: All are Welcome by Alexandra Penfold and Suzanne Kaufman, Fiona Flamingo by Rachael Urrutia Chu, and It's OK to be Different by Todd Parr.



<https://kindnessmatters365.org/2023/01/02/puzzle-piece-activity/>



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 on 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 everyone’s piece of paper. At the end of this activity everyone’s paper should be covered with compliments.

https://kindnessmatters365.org/2023/01/02/compliment-starters/?tx_category=age2-3,type-tool

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. 😊