

COMPASSION

Kindness Club Meeting

All Activities, tools, etc. shown here are suggestions. Substitute, modify, or create as you'd like! Visit km365's [Resource Library](#) for tools, videos, speaker ideas, projects, etc. (If your meetings are online, be sure to notify parents in advance about any materials needed so club members have supplies ready.)

COMPASSION The ability to understand and feel what someone else is feeling; as well as a desire to alleviate someone else's suffering.

1. **Check in / Connection** How are we today? Welcome to our time together - take a moment to connect with ourselves and with each other. Use a check in activity from the KM365 Resource Library or explore on your own – quick & powerful!
2. **KM365 Tool** Focus and get present with breathing / movement from the KM365 Resource Library or use your own.
3. **Review & Intro** Review last month's topic, UNDERSTANDING & RESPECTING OTHERS and introduce this month's topic, **COMPASSION**.
4. **Understanding/Personalization** Use a video, visual aid, or activity from the KM365 Resource Library or do your own fun activity, game, story, share, drawing, journaling, etc. Guide the kids to explore what this month's topic means to them.
5. **Non-Profit Speaker, Video, or Discussion** Bring in a speaker, show a video from the Resource Library, or lead a discussion on this month's topic.
6. **"Kindness in Action"** Project or experience -create a hands-on project/experience in support of the speaker or to practice / dive a little deeper into this month's topic.
7. **Reflection** Discussion from KM365 Reflection Prompts (found in the resource library for your age group). How will we implement what we learned about this topic in our lives?
8. **Peace Pledge** Read 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. 😊



Your Notes:

