

Optimistic Thinking 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.

Optimistic Thinking: Feeling hopeful; even in challenging times, understanding those things we can control and confidently directing our actions toward the positive.

1. **Check in / Connection** Ask the kids how they are feeling? Take a minute to get connected before beginning the meeting. On a piece of paper, have kids rate how they're feeling by using different colored emojis.
2. **KM365 Tool** Four Directions Breathing Activity- Have the kids close their eyes. Instruct them to open their eyes and then look down. Ask the kids what they see? Next, have the kids turn their heads to the left, right and upward. Remember to ask them what they notice in each direction. Ask the kids if they saw new and different things as they focused their attention in the 4 different directions. **Or show this video of a guided meditation**
https://kindnessmatters365.org/2020/07/13/tool-breathing-and-movement-hasselman/?tx_category=age2-3,type-tool&_page=2
3. **Review & Intro** Last month, we explored Compassion. Remember that Compassion is our ability to understand and feel what someone else is feeling as well as wanting to alleviate someone else's suffering. This month, we will be exploring **Optimistic Thinking:** Feeling hopeful; even in challenging times, understanding those things we can control and confidently directing our actions toward the positive.
4. **Understanding/Personalization.** Display the "Things we can Control" poster. Review situations and feelings that we can control vs things that are beyond our control. Write the words "If" and "Then" on the board or a poster. Encourage kids to write, draw or act out different scenarios that focus on being positive even when feeling sad or disappointed. Explain it's important to acknowledge how we may feel in different situations – and that optimistic thinking helps us be hopeful as we navigate toward positive outcomes. Ask kids to share examples of things they might struggle with and then to try to express a positive goal they could work toward which could improve the situation. Maybe they can view situations from different perspectives...like in the focus tool exercise. It's



Your Notes:

Name _____ Date _____

This is how I feel today:

happy sad nervous sick silly mad tired

Draw or write about whatever is on your mind:

https://kindnessmatters365.org/2023/02/27/how-are-you-feeling-today/?tx_category=type-tool



<https://kindnessmatters365.org/2023/02/27/the-things-i-can-control-poster/>



- Extension Activity:** Create Gratitude Mandalas- see attached activity. Reminding students to turn to gratitude and feeling of hope when they are feeling disappointed, overwhelmed or upset. Remember to focus on the things we can control. Students can also create Kindness Rainbows and Flowers for the Cereal Drive. It is imperative to encourage optimistic thinking and finding hope in difficult times.



SAMPLE MEETING PLAN: Optimistic Thinking

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