

Meeting Plan: Personal Responsibility

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.

Personal Responsibility: Determining what we are and are not responsible for. Making conscious choices and deciding our role in supporting ourselves, our community, and our world.

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 write how they are feeling today and then draw how those feelings look on themselves. Remember not to judge and respond with an open heart.
2. **KM365 Tool 5-4-3-2-1 Breathing Activity-** Slow Down and Calm Down. Have the students take 3 long deep breaths and exhales. Next, have them list (or share) 5 things they SEE, 4 things they FEEL, 3 things they HEAR, 2 things they SMELL and at least 1 positive characteristic about themselves.
3. **Review & Intro** Last month, we explored **Optimistic Thinking**. Remember that Optimistic Thinking is feeling hopeful, even in challenging times, understanding those things we can control and confidently directing our actions towards the positive. Now we can explore Personal Responsibility in moving towards positive outcomes. What is our responsibility and what is not our responsibility.
4. **Understanding/Personalization** In order to understand what Personal Responsibility is as a group, discuss what Personal Responsibility means. On the board write the words " My Responsibilities". Underneath, have 4 different columns labeled- at home, at school, by myself and to the environment. As the kids brainstorm different things they are responsible for, have them, write their ideas under the correct heading. Examples may include brushing their teeth, exercising, walking the dog, taking out the trash, cleaning up toys, volunteering at a food bank. Remind students that it is just as important a responsibility to take care of themselves as it is to take care of others and our world. Then ask the kids to give examples of what is NOT their responsibility. We are not responsible for someone else's happiness, completing tasks for others etc. Ask the group what could happen if they do not take care of themselves, their homes, school or the environment. As an extension or optional project. kids will create a project by using their 5 senses. On a piece of paper,



Your Notes:

How Are You?
Draw a picture of how you're feeling

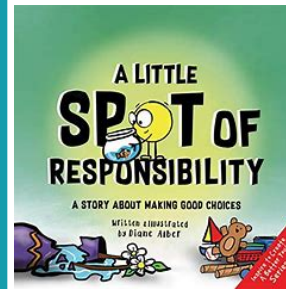


have kids draw a superhero (or have a template available). Label the superhero- My Superhero Powers. The kids will decorate their superhero by writing/drawing different ways that they can demonstrate personal responsibility. Since we are all different, we may/ will have different superpowers. When project is completed, have the kids complete the following:

Responsibility...

Looks like...Smells like.. Feels like...Sounds like...Tastes like....

5. **Non-Profit Speaker, Video, or Discussion** Invite a speaker to share ways they have overcome obstacles at their nonprofit, business, or in their life. Invite the speaker to share ways they exercise Personal Responsibility at their organizations. Or, chose a quote, discussion prompt, or suggested read aloud to reinforce the topic: " A Little Spot of Responsibility: A Story about Making Good Choices"
6. **Kindness in Action"** Remember...April is EARTH DAY! Students should be encouraged to create original crafts from recycled goods. **Project ideas: Organize A Clean Up.** Students demonstrate personal responsibility by working together to clean their schools, parks or beaches. Create a Kindness Garden- with the school's permission, students designate part of their playground or field for a kindness garden by decorating rocks or pavers to help spread kindness.
Recycle, Reuse and Reduce- At home or school, come up with new ways to recycle/upcycle. Contact Local Waste Management locations in order to get involved in helping to reinforce the importance of ecology or create a PSA on recycling and share!
7. **Reflection** Encourage the kids to share something about what they learned today that has inspired them. What will you do differently tomorrow because of what you learned today? How can you explain this topic 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 for questions or comments. 😊

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