

## Reflection

### 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.

**Reflection:** Reflect upon the amazingsness from our past school year with KM365; help students celebrate accomplishments as they contemplate how their explorations impacted them and what we can do now as we consider all we discovered?

1. **Check in / Connection** Ask the kids how they are feeling? Take a minute to get connected before beginning the meeting. As participants enter the room, have a poster board, a long sheet of paper, markers/crayons/chalk, or the electronic whiteboard (for virtual meetings) available. Post directions for participants to draw or write something on the mural that represents their year at KM365 at school or how they are feeling today.
2. **KM365 Tool** Breathing Boards- have the kids practice taking deep breaths in and out by following the lines with their fingers. While breathing, have relaxing/ calm music playing in the background.
3. **Review & Intro** Last month, we explored **Personal Responsibility**. Remind the students that Personal Responsibility is defined as determining what is and what is not our responsibility. Make the connection to this month's topic- we can make conscious choices through REFLECTION. This past year, we have explored the importance of- Why Kindness Matters, Self-Awareness, Being Kind to Ourselves, Gratitude, Self-Navigation, Understanding, Respecting Others, Compassion, Optimistic Thinking, and Personal Responsibility. Let's reflect on what we explored and take action!
3. **Understanding/Personalization** Write all the topics on the board and then distribute sticky notes to the participants. Have the kids jot down their favorite memories about each topic. Then, they can stick the notes underneath the corresponding topics. Together, as a group, reflect on the highlights of the year and then discuss plans for the following year. Remind the students that being human



### Your Notes



Remind club members that breathing/meditation tools can be used anytime they want/need them in their lives. Using one tool each day helps be ready for situations that may come our way.

Also, go over the tools we used in the previous month's meeting plans, so kids can remember them and have a variety to choose from.



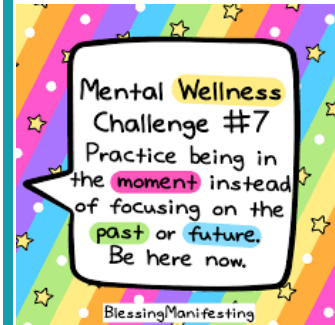
<https://kindnessmatters365.org/2023/05/01/breathing-boards/>

means we are able to make mistakes and then to improve upon our behaviors. That's how we learn and grow ☐

4. **Non-Profit Speaker, Video, or Discussion** Invite a previous speaker or organization to come in and follow on a KIA project from a previous month. Students can see how their actions have helped, Or chose a quote, discussion prompt, or any of the suggested Read Alouds from a previous month.
5. **Kindness in Action**
  - Project 1: Create Time Capsules-** Create Time Capsules- Collect, draw or create artifacts to make time capsules driven by prompts like "What's something you learned when exploring the KM365 topics this year" (list them) or "What represents what you explored this year with KM365"? Wrap up the activity by reflecting and sharing.
  - Project 2: Write Letters to the Future-** Reflect on the past school year and think about plans for the future. Write a letter to your future selves with all you've learned and outlining your long-term goals.
  - Project 3:- Mental Health Challenge-** Celebrate Mental Health Awareness Month by participating in the KM365 Health Challenge...or by coming up with your own.
  - Project 4: Host a Wellness Day or Event-**A Day dedicated to well-being activities and exploration. Different stations can include yoga, mindful coloring, meditation, etc.

**BONUS IDEA:** Kindness Angels and St. Gregory's Church- Meals with Meaning. If you live in Palm Beach County, please help collect essential items for our neighbors who may be hungry or homeless. *The most important items to collect this month include Bug Spray Cans, Pouches of Tuna, and Black Beans.* **Drop items off the 3rd Saturday of every Month at St. Gregory's Church in Boca Raton 100 NE Mizner Blvd, Boca Raton, FL 33432 from 2:30-3:30pm.**

**Create Your Own Project** What does REFLECTION mean to you? And how can you put that into action with a project for yourself, the community, or the world?
6. **Reflection** What does REFLECTION mean to you? How can you put that into action with a project for yourself, the community, or the world? Encourage the kids to share something that has inspired them this year that could be helpful to others. What will you do differently tomorrow because of what you learned from your time with KM365 this year? How will you explain/teach about this issue to others?
7. **Peace Pledge** Read Peace Pledge together (the one created by Kids for Peace on the dashboard or one your group created).
8. **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. 😊