SUMMER RECHARGE
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.

SUMMER RECHARGE –Restoring ourselves and reconnecting with our intentions and goals.

1. **Check in / Connection-**Which Chair are you Sitting in Today? Take a minute to get connected before beginning the meeting. Each chair is labeled with a different emotion. Invite the members to choose a chair that mimics how they are feeling.

2. **KM365 Tool-**Take a Mindful BREAK

    Breathe- by taking 5 deep, slow breaths.
    Rest- close your eyes until your mind is clear.
    Empowering Words-as you are doing this, say three positive things about yourself.
    Absorb-Check in with your senses. What do you see, feel, hear, smell and taste?
    Knowledge- PAUSE before proceeding.

3. **Review & Intro-** Last month, we explored all about REFLECTION. Through celebrating our accomplishments and thinking about what we would do next, considering what we discovered. After reflecting, we can now build on that and dive into restoring ourselves and reconnecting with our intentions and goals. Through reflection, we acknowledged and celebrated - and now we restore and reconnect! Is where we are heading where we want to go? Do we have enough charge in our (personal) batteries to do what we want? Then ask the members to reflect on something that has occurred in their daily lives.

4. **Understanding/Personalization-** Have the words RESTORE and RECONNECT written boldly so that all members can see them. Ask club members to brainstorm in order to think of ways to recharge our minds and bodies and then discuss why it is so important to do this and how it would make us feel. Remind kids that these are strategies that can be incorporated into daily lives, regardless of where you are (camp, summer school, vacation, and/or the pool, etc)

Your Notes:

https://kindnessmatters365.org/2023/05/30/which-chair-are-you-sitting-in-today/

https://kindnessmatters365.org/2023/05/30/take-a-mindful-break/

5. **Non-Profit Speaker, Video, or Discussion-** Invite a speaker (or use one from the Resource Library) to guide kids through a movement or breathing exercise. Alternatively, choose a mindful meditation or quote from the Resource Library (or one that will resonate with the kids), use a discussion prompt, or read aloud.

6. **Kindness in Action**- Complete a craft or activity you enjoy that you don't usually have time for either **-** Either with a speaker (if you invited one) or without. Some ideas:
   Project 1: Create a Calming Jar- Decorate a plastic jar or bottle; then fill half the bottle with water and next pour in clear glue, food coloring and glitter. Securely seal the lid and then shake as you observe the glitter settle. Shake and enjoy to relax or self-navigate!
   Project 2: Craft an "I Am" Bookmark by decorating a mandala bookmark. "I am" statements help us to affirm who we are, who we aspire to be and also address how we are feeling.

7. **Reflection-** What does RECONNECT 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 how you will explain/teach about this issue 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. 😊

Calming Jar

https://kindnessmatters365.org/2023/05/30/create-a-calming-jar/

I am Bookmark
https://kindnessmatters365.org/2023/05/30/i-am-bookmark/

I AM KIND
I AM BRAVE
I AM SMART
I AM CONFIDENT
I AM BEAUTIFUL
I AM IMPORTANT
I AM LOVED
I AM ENOUGH
I AM WORTHY
I AM POWERFUL

Relax
Refresh
Reconnect