

CONNECTION AND COMMUNITY

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.

Connection and Community - Kindness to others and the world through connection and engagement.

1. **Check in / Connection-** The Mood Tree. Take a minute to get connected before beginning the meeting. Gather a rainbow of colored leaves. Each colored leaf should represent a unique feeling. Have the participants choose a leaf or leaves that mimic how they are feeling. The participants should take turns attaching their leaves to the tree.
1. **KM365 Tool-** Feather Breathing- Distribute different colored feathers to each participant and then Instruct the children to hold their feathers while taking in a deep breath. The kids will Inhale for a count of three as they feel their bellies filling with air. Then, have them slowly exhale through their noses while blowing onto their feathers. You will discuss how their breath affects their feathers. This activity can also be done using tissues, paper feathers, or windmills.
2. **Review & Intro-** Last month, we explored the words RESTORE And RECONNECT. We discussed ways to help recharge our minds and bodies and why recharging is so important. Now that we have taken time to slow down and recharge ourselves, we will be ready to go into our communities in order to work on collaboration and problem solving.
3. **Understanding/Personalization-** This month, we consider Connection and Community...how to show kindness to others and the world through connection and engagement. In order to put this into action, it is important to be a vital part of our community as we cooperatively discover what is needed, and how each of us will be



Your Notes:

The Mood Tree



<https://kindnessmatters365.org/2023/06/30/feather-breathing/>

Feather Breathing



<https://kindnessmatters365.org/2023/06/30/the-mood-tree/>

responsible to do our part. *As always, we will display empathy and kindness to both the world and to ourselves.*

4. **Non-Profit Speaker, Video, or Discussion-** Invite in a speaker to discuss how important connection and community means to both you and to the group. This will demonstrate how each person/ organization can make an impact in the community and in our world.
2. **Kindness in Action- Project 1:** Pay it Forward- Participating in acts of kindness not only makes the recipients feel good but also works wonders on ourselves. No act of kindness is too big nor too small! For instance, when you give a trash collector, delivery driver or any outdoor worker cold water on a hot summer's day, you are validating that person and displaying compassion. Or, when you allow someone, who appears to be in a hurry, to move in front of you in line, pay for a warm meal or hot cup of coffee to a needy person, smile at a sad soul, and/or write a kind review for a worker or restaurant, you are advocating kindness.
Project 2: Pocket hug- Decorate a stone or rock. On index cards, write the words- Pocket Hugs and then encourage members to write inspirational messages or statements on the cards. Pocket Hugs can be given to family members, friends or donated to organizations as a way of displaying empathy and of being kind.
5. **Reflection-** - What does Connection and Community mean to you? What kind of project will allow you transform your intention into action for either yourself or your community? Encourage the kids to share how they will execute their plans .
6. **Peace Pledge-** Read Peace Pledge together (the one created by Kids for Peace on the dashboard or one your group created).
7. **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. 😊