

Self-Awareness

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.

Self-Awareness is defined as the ability to recognize, consider and understand our emotions, thoughts, abilities and actions. Self-Awareness allows us to take a look at what's going on inside each of us as we assess our unique strengths and weaknesses in order to make powerful choices.

- 1. Check in / Connection- Meme It.** Check in with the participants to see how they are feeling. You can display the different memes on a projector or create your own. Have the participants describe why the memes mimic their mood. It is important to acknowledge that we all may feel different ways throughout the day and each feeling is valid and ok! Remember to acknowledge responses without reacting or judging.
- 2. KM365 Tool- Becoming Present Guided Meditation-**Becoming Present Guided Meditation- Play this breathing exercise to encourage the participants to release their negative energy in order to become present, grounded and ready for the meeting. After exploring the tool, remind members that it is something they can use any time they need to, to reset, calm, navigate challenging times, before a test, etc.
- 3. Review & Intro-**Last month, we explored Why Kindness Matters. This month, we start to explore self-awareness which is the first step to being kind to ourselves. introducing Self Awareness as the ability to recognize, consider and understand emotions, thoughts, abilities and actions. Self-Awareness allows us to take a good look at what's going on inside of each of us so that we are able to assess our own strengths and weaknesses in order to make powerful choices.
- 4. Understanding/Personalization-** Self-awareness is a form of self-reflection where we examine our state of being and our feelings. Draw 3 columns on the board. Label the first column : Awareness of our physical body. The 2nd :Social self-awareness (how we act in relationships with others) And the 3rd :Introspective self-awareness (reflect upon our own actions and responses). Have participants brainstorm as they think of different ways to practice being self-aware and why it is so important.

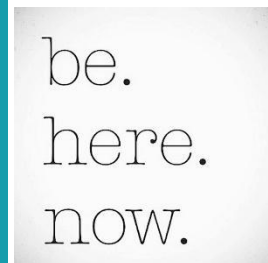


Your Notes:

How Are You Feeling Today?



https://kindnessmatters365.org/2021/03/02/check-in-activity-meme-it/?type_of_tool=Mindfulness%20Tools.Check%20In%20Activities



https://kindnessmatters365.org/2021/03/02/check-in-activity-meme-it/?type_of_tool=Mindfulness%20Tools.Check%20In%20Activities

5. **Non-Profit Speaker, Video, or Discussion-** Invite a mindfulness speaker to discuss the importance of implementing skills of self-awareness and how those behaviors can assist in day to day life. This discussion will demonstrate how each person/ organization can make an impact in both the community and in our world.
6. **Kindness in Action-** Reflection Bags- Share a bag with someone in the community to encourage their self-awareness! Bags could include items and/or notes... adding basic everyday supplies (Band-Aids, little tubes of toothpaste, tooth brushes, healthy snacks, and travel size toiletries) – as someone uses the supplies throughout the day, they can do daily check-in’s on their well-being; adding notes/quotes that encourage self-awareness...for example, When we increase our level of self-awareness, we give ourselves honest feedback about our emotional state.
7. **Reflection-** What does Self Awareness mean to you? How can you make a difference after what we learned today? Is there something that inspired you today that you would like to share with 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. 😊

