

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



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

