

Gratitude

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.

Prior to the start of meetings (as everyone starts coming in), during activities, and at the end - play fun and appropriate background music so kids are engaged. Encourage kids to get up and move/dance if they'd like understanding everyone may not choose to move and that's OK! ☺

TOPIC: Gratitude: Noticing and appreciating the good things in your life. Shifting one's focus from the things you do not have to the things you do have.

1. **“Check in”**- Have 6 different colored hearts on the board. Provide post its or markers for the students to write their name or initials under the heart representing how they feel.
2. **KM365 Tool** Today we are going to start with a breathing exercise. 5,4,3,2,1 Meditation.
<https://www.youtube.com/watch?v=30VMIEmA114>
3. **Review & Intro** Review last month's topic of Kindness to yourself and share that, now that we've explored why it's important to be kind to ourselves and discovered some ways we can each be kind to ourselves...now we are going to talk about GRATITUDE. We can be grateful for who we are and things we can do, as well as be grateful for other people and things. Explain that Gratitude is noticing and appreciating the good things in your life. Shifting one's focus from the things you do not have to the things you do have. Play the intro video located in the Resource Library.
https://kindnessmatters365.org/2023/10/20/intro-to-gratitude-2/?tx_category=format-video,gratitude



Your Notes



4. **Understanding/Personalization** Explain to students that being grateful when we notice and appreciate the good in our lives. When we are grateful, we shift our focus from the things we do NOT have to the things we DO have. Have the students close their eyes and ask them to think about the following statements. *If you would like to have the students to journal, they can write/sketch the questions and answers.*
 - What is one accomplishment you're proud of?
 - What is something you usually take for granted?
 - What is something that makes you happy?
 - What is one thing in your life that has changed for the better?
4. **"Kindness in Action"** Students will create a GRATITUDE poster. They can draw and write different things and people that they are grateful for in their lives. Since November is Thanksgiving, we are going to brainstorm different ways to help our community. Discuss why holding a food drive is important. Create a list of the different food items that you will collect and discuss the information of the drive. Explaining to the students that many children in our community do not have these items and what a wonderful opportunity it would be to help these families. *Students can create notes of thanks/ gratitude to give out to different members in the community.*
5. **Reflection** What do we want to share about what we learned about gratitude? Considering what we explored today, how might we look at things / do things differently tomorrow?
6. **Peace Pledge** Kids for Peace or read one your group created.
7. **Wrap Up** Photos, certificates of appreciation, handouts. *Be sure to notify parents about the service project including what, how, where and when to donate.*

Please remember to post, and turn in your [monthly reporting!](#)

Contact Ambassador Support at AmbassadorSupport@kindnessmatters365.org for questions or comments. ●

