

SELF-NAVIGATION

Sample Meeting Plan- Upper Grades

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 on), during activities, and at the end - play fun and appropriate background music so kids are instantly engaged. Encourage kids to get up and dance if they want to move around. However, understand every kid won't feel comfortable dancing and that's okay. ☺

- 1. Self-Navigation:** Being mindful as we explore and develop skills that help us *intentionally* navigate situations and **respond** versus react. Some think of Self-Navigation as Self-Control or Self-Regulation – but we see it more as an opportunity to *choose* how to pilot situations.
- 2. “Check in” Mental Health Check In-**Display a picture of a rose for the members to see. Then, participate in a three part check in members can journal and then share with the group: 1. Rose- a small win or accomplishment. 2. Thorn- a challenge they face. 3. Bud-Something they are looking forward to.
<https://kindnessmatters365.org/2023/11/29/rose-check-in/>
- 3. KM365 Tool-**Today we are going to begin with a breathing exercise. Play a mindful meditation for the group. Encourage the members to sit in a comfortable spot, relax their bodies and close their eyes if they feel comfortable.
- 4. Review & Intro-** Let's build on what we've learned and how that supports what we'll talk about this month A couple months ago, we explored Self Awareness – and saw how we could recognize, consider and understand our emotions, thoughts, abilities and actions. Building on that, we will talk about [Self-Navigation](#). SN is being mindful in exploring and developing skills to help us *intentionally* navigate situations and respond versus react. When something happens for us, we want to respond to it...and respond in a way and a level that we choose as appropriate.
- 5. Understanding/Personalization-** Today we are going to begin with an activity that can be accomplished on either a large board or on individual pieces of paper. Distribute a blank piece of paper to the students. Instruct them to draw two columns: label the first- positive situations and the second one negative situations.. Think of different scenarios that can occur throughout your day and list different ways

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Your Notes



<https://kindnessmatters365.org/2023/11/29/rose-check-in/>



tool:

[Classroom Meditation - Groun...](#)

that you can react- both positive and negative. Then go over the lists with the students reminding them that sometimes when we REACT, our level of response does not mirror the level of what happened. When something happens, we do a quick self-awareness check. We determine the level of response needed, we choose how to respond. If we are Break that definition down together...ask the kids to share their thoughts on what that sentence SN means, give an example of when you self-navigated and see if they have any. (Times you were super excited, upset, or anxious...how you used your tools of self-awareness, kindness to yourself, gratitude and then self-navigated). Addressing how powerful it is that we get to decide how we want to approach things – and then do that with our actions!

6. **“Kindness in Action-** Create a Calming Jar- A calming jar helps to teach us how to control our emotions as well as how to self-regulate. Begin by decorating either a plastic jar or bottle. When that is completed, fill half the bottle with water and then pour clear glue, food coloring and glitter. Securely seal the lid and then shake as you observe the glitter settle. See how it makes you feel. If you do not have the supplies to create jars, print out mindful coloring sheets and encourage the students to establish a designated time each day to practice taking deep breaths while mindfully coloring.
7. **Reflection-** Encourage the students to share something that inspired them and that they feel could be helpful to others. Empowering kids by reinforcing that they make a difference is truly powerful!
8. **Peace Pledge** - Kids for Peace or read one your group created.
9. **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 reports](#). Contact Ambassador Support at AmbassadorSupport@kindnessmatters365.org for questions or comments. 😊



<https://kindnessmatters365.org/2023/11/29/create-a-calming-jar-2/>

<https://kindnessmatters365.org/2023/11/29/mindful-coloring-sheet/>

