



What Does Kindness Mean?

Introduce KM365 and the club's guidelines. Today, we will be discussing why kindness is important. In order to demonstrate why being kind is so important,

Materials Needed:

- Chart Paper
- Markers



Instructions:

Draw two columns onto a piece of chart paper or display them on a big screen. Label the first column, kindness to others and the second column, kindness to yourself. Encourage the students to brainstorm as you list their ideas. Examples of kindness to others may include things like helping, sharing, holding a door, smiling at a classmate, etc. Examples of kindness to oneself may include relaxing in a special place, reading a book, drawing, exercising, playing a favorite game, brain breaks, eating healthy foods, etc. Describe to the students that in Kindness Matters 365, we will be learning how to be kind to our community as well as to ourselves. Name and list examples of acts of kindness and why it is important. Together, construct a definition of what kindness means to the club.

Questions? Email ambassadorsupport@km365.org.

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