



KINDNESS MATTERS³⁶⁵TM

Meeting Plan

Topic & Definition:

Awareness: Developing the skills to recognize our emotional and mental state through our physical body and senses.

Grade Level:**Meeting Date:****KM Tool:**

Becoming Present Guided Meditation- Play a breathing exercise to encourage the participants to release their negative energy in order to become present, grounded and ready for the meeting. After practicing the breathing tool, remind members that this breathing tool is to use it anytime to reset, calm, navigate challenging times.

Check In:

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 may feel different ways throughout the day and that each feeling is valid and ok! Remember to acknowledge responses without reacting or judging.

Review & Intro:

This month, we start to explore self- awareness which is the first step in being kind to ourselves. Introduce Awareness as the ability to recognize, consider and understand emotions, thoughts, abilities and actions. Awareness allows us to take a look at what's going on inside us so that we are able to assess our individual strengths and weaknesses in order to make powerful choices.

Understanding/Engagement:

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 Awareness (how we act in relationships with others) And the 3rd, Introspective 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.

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Suggested Read A Loud:

Speaker/Video:

Invite a mindfulness speaker to discuss the importance of implementing skills of awareness and how those behaviors assist in day-to-day living. This discussion will demonstrate how each person/ organization can make an impact in both the community and in our world.

Kindness In Action:

Reflection Bags—Encourage everyone to share a bag with someone in the community. Bags could include items and/or notes... such as basic everyday supplies (Band-Aids, little tubes of toothpaste, toothbrushes, healthy snacks, and travel size toiletries). As someone uses the supplies, they can do daily check-ins on their well-being; adding notes/quotes that encourage awareness. For example, when we increase our level of awareness, we give ourselves honest feedback about our emotional state.

Reflection:

What does Awareness mean to you? After what you learned today, do you believe you can make a difference? Is there something that inspired you today that you would like to share with others?

Peace Pledge/Closing:

Read Peace Pledge together (the one created by Kids for Peace on the dashboard or one your group created).