

Kindness Matters

Meeting Plan:

Topic:

Date:



Welcome Song

Sing 'Hello Kindness Friends' (Tune: If You're Happy and You Know It)

Hello kindness friends, we're glad you're here!

We'll learn and laugh today,

Spread kindness on our way,

Hello kindness friends, we're glad you're here!

Feelings Check-In

Use a feelings chart. Ask: How are you feeling today? Point to your feeling. Show your feeling with your face. Take one deep belly breath together.

Introduce Today's Skill

Share a simple definition and example of the week's kindness skill.

Read Aloud

Read a story connected to the weekly skill and discuss the characters' feelings and choices.

Interactive Activity

Movement game, role-play, matching activity, or cooperative challenge.

Kindness Project

Create a take-home or service project that reinforces the skill.

Closing Circle

Review the skill, ask who they will show kindness to, and end with 'Kindness starts with me!'