

# K-Kids Club

## Developing empathy through reflection

Ask your K-Kids club members to define “reflection” and most of them will tell you that’s what you get when you look into a mirror. They’d be correct, but you can take advantage of their answers to encourage them to reflect on what they do as members and the impact they make on their community.

By reflecting, members learn from their experiences and think about how their actions impact others. Before launching a service project, remind your members to be aware of their surroundings and make mental notes of things that surprise them or bring about strong feelings. Also encourage them to keep a journal during the planning and carrying out of the project.

When you’ve completed the project, have your members talk about the impact the project had on them and the impact that was made on the school or community.

### Here are some questions they can answer:

1. What did you learn by participating in this service project?
2. How did the experience make you feel?
3. What would you have done differently?
4. Did this project make an impact within the community/school?
5. What things are happening in the world today that effect the situation we just tried to better?
6. What can we do as individuals to improve this situation?
7. What is being done by others to address the need or problem it causes?
8. What do you feel you’ll do differently from this point on as a result of this experience:
9. How can we encourage other people to get involved and help?

**Remember:** The goal is for members to learn from the experience and see the situation from a different perspective.