



ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

Topic of the Month: REFLECTION

Reflect upon the amazingsness from our past school year with KM365; celebrate our accomplishments and contemplate how what we explored impacted us; what will we do now, considering what we discovered?

Put Your Kindness into Action

This past year we've explored so many important topics—Self-Awareness, Kindness to Ourselves, Gratitude, Self-Navigation, Understanding & Respecting Others, Compassion, Optimistic Thinking, and Personal Responsibility. As we look back on all that we've learned, let's put it into action by taking time to Reflect on our growth, experiences, and hopes for the future. **Some activities to consider:**



Create Time Capsules- Collect, draw or create artifacts to make time capsules driven by prompts like "What's something you learned when exploring the KM365 topics this year" (list them) or "What represents what you explored this year with KM365"? Wrap up the activity by reflecting and sharing.



Write Letters to the Future

Reflect on the past school year and think about plans for the future. Write a letter to your future selves with all you've learned and outlining your long-term goals.



Essential Needs Collection

Join in collecting essential items for our neighbors who are hungry or without houses. What they need this month: Bug Spray, Non-Perishable Tuna Packs, and Canned Beans. Drop items off on May 20th at St. Gregory's Church, 100 NE Mizner Blvd. in Boca Raton from 2:30–3:30pm.



BONUS: Mental Health Month Challenge

May is Mental Health Awareness Month, which is a great time to work on ourselves and reflect on how we can incorporate more mindful wellness habits into our everyday lives. Participate in our KM365 Mental Health Month Challenge or create one of your own!



Create Your Own Project

What is needed in your school, community, or family, and what project can you explore and create to practice the monthly topic? KM365 Ambassadors can visit the Ambassador Resource Library for ideas.

REFLECTION: Reflect upon all we've learned this past year with KM365; what's your biggest takeaway? What will we do now, considering what we discovered?

Share your Kindness in Action and be sure to tag [@kindnessmatters365org](https://www.facebook.com/kindnessmatters365org) on Facebook and [@kindnessmatters365](https://www.instagram.com/kindnessmatters365) on Instagram so we can measure our collective impact!

Questions? Email ambassadorsupport@km365.org.

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