



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

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### Topic of the Month: CONNECTION & COMMUNITY

Exploring kindness to others and the world through community connection and engagement.

### Put Your Kindness into Action

This month, we explore how to show kindness to others and the world through connection and engagement in our communities. As a community, we will discover what is needed, address identified needs, and each do our parts. **Some activities to consider:**



#### Create & Share Pocket Hugs

A Pocket Hug is a small, physical sentiment that can be easily carried with someone to constantly remind them that they are thought of, appreciated, and loved. It can be a small card, keychain, craft, ornament, or token decorated with simple messages of gratitude, encouragement, or kindness. Pocket Hugs can be shared with family, friends, and loved ones or donated to a local community organization as a pick-me-up.



#### Connect with Kindness

Participating in acts of kindness makes the recipient feel good and works wonders for our well-being through connection and engagement. Give a trash collector or delivery driver cold water on a hot summer's day. Allow someone to go ahead of you in line. Pay for a warm meal for someone in need. Share a smile with a stranger or write a kind review for your favorite server at a restaurant. No act of kindness is too big or small!



#### Essential Needs Collection

If you live in Palm Beach County, join in collecting essential items for our neighbors who are hungry or without houses. What they need this month: Pocket/Travel Sized Tissues, Vienna Sausage, and Canned Pasta with Meat. Drop items off on July 15th from 2:30-3:30pm at St. Gregory's Church, 100 NE Mizner Blvd. in Boca Raton.



#### Create Your Own Project

Engage with your community to discover what is needed and create a collaborative project to address that need while practicing the monthly topic. KM365 Ambassadors can visit the Ambassador Resource Library for ideas.

Share your Kindness in Action and be sure to tag [@kindnessmatters365org](#) on Facebook and [@kindnessmatters365](#) on Instagram so we can measure our collective impact!

Questions? Email [ambassadorsupport@km365.org](mailto:ambassadorsupport@km365.org).