



ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

Topic of the Month: SUMMER RECHARGE

Restore and reconnect. Restore ourselves and reconnect with our intention and goals.

Put Your Kindness into Action

With the school year ending and summer upon us, it's the perfect time to slow down our hurriedness, recharge our body and mind, and reconnect with what is most important to us. **Some activities to consider:**



Reconnect with Nature

Sensory activities like spending time in nature is a great way to boost physical and mental energy and reduce stress. Take a listening walk, engage all five senses, focus on the present moment, and observe all you see, smell, hear, taste, and feel. Get out in the garden and connect with the earth or walk barefoot or lay down in the grass for a mindful moment outdoors.



Reconnect with Creativity

Taking time to create is one of the best activities for finding peace, relaxation, and focus, and helping us be more present and engaged in the world. Take a creative break to do a craft or activity you enjoy but may not always have time for. Sketch, draw, journal, paint, color mandalas, or grab a glue stick and create a mood or vision board—whatever lights you up.



Reconnect with Intent

Take time for a mindful mental recharge with reflective journaling or positive affirmations. Engage in a breathing exercise, 5-minute meditation, or light yoga. Small escapes and deep breaths are free; you can transform any notebook into a gratitude journal. Reflecting and setting intentions is a great way to recalibrate and reset yourself for days, weeks, and months to come.



Essential Needs Collection

Join in collecting essential items for our neighbors who are hungry or without houses. What they need this month: Sunscreen, Fruit Cups, and Canned Green Beans. Drop items off on June 17th from 2:30–3:30pm at St. Gregory's Church, 100 NE Mizner Blvd. in Boca Raton.



Create Your Own Project

Consider what your school or community might lack or need and explore a project to create to address those needs while practicing the monthly topic. KM365 Ambassadors can visit the Ambassador Resource Library for ideas.

REFLECT: Now that we know how important it is to unplug and connect with what recharges us, what lessons or activities have you learned that you'll take with you through the summer and beyond?

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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