



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

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### Topic of the Month: WHY KINDNESS MATTERS

Why what we are about to explore and discover is so important to our well-being. Gratitude, Compassion, and Kindness are the basis for developing life skills and engaging in community problem solving.

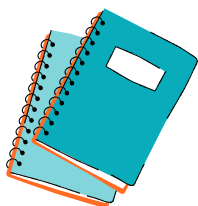
### Put Your Kindness into Action

This month we focus on cognitive and emotional intelligence skills and their impact on our mental health, relationships, and communities. Why are gratitude, compassion, optimistic thinking, self-awareness, and kindness to ourselves important? **Some activities to consider:**



#### Organize A School Supply Drive

Collect supplies for schools and help give children the tools they need to succeed this year. Rally friends and family to donate supplies or, even better, organize your own supply drive or supply closet at your school or a local charity where there may be a greater need.



#### Create A Schoolyear Kindness Journal

Grab a fresh notebook and create a Kindness Journal to record random acts of kindness throughout the upcoming school year. Schedule daily reminders on your phone or device and take a few minutes each day to jot down the kind acts of others or yourself to help reinforce why engaging in this year-long program is so beneficial!



#### 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: Bug Spray, Canned Soup, and Electrolyte Powder Packets. Drop items off on August 19th from 2:30-3:30pm at St. Gregory's Church, 100 NE Mizner Blvd. in Boca Raton.



#### Create Your Own Project

Consider what your 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.

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).

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**KINDNESS MATTERS 365™**

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