



ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

Topic of the Month: GRATITUDE

Noticing and appreciating the good things in your life. Shifting your focus from something you don't have to everything you do have.

Put Your Kindness into Action

Gratitude involves showing appreciation for the things in life that are meaningful or valuable to us. Taking a moment to notice and acknowledge what you're grateful for each day can brighten your outlook, boost your mood, and help you feel more positive in the face of challenges. **Some activities to consider:**



Host A Food Drive

With Thanksgiving upon us, November is the perfect time to practice gratitude by hosting a food collection or holiday meal drive for families needing a helping hand in our communities. Start a school or community-wide collection or find a local food pantry to contribute your time or goods.



Craft Gratitude Cards

Create cards or write letters with drawings and thoughtful messages of gratitude to a special person in your life for whom you are grateful. Reflect on how that simple act and acknowledgment will make that person feel, knowing how much they are appreciated.



Care for Our Environment

Join KM365 and the Bikini Block Beach Cleanup for a day of giving back to our local environment at our annual World Kindness Day Coastal Cleanup on Sunday, Nov. 12th, from 8-10am in Delray Beach. All supplies will be provided, and community service hours will be given. Sign up at kindnessmatters365.org/cleanup23.



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: Sugar Free Cough Drops, Fruit Cups, and Canned Pasta w/ Meat. Drop items off on the third Saturday of the month 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](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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