



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

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### Topic of the Month: KINDNESS TO YOURSELF

Exploring ways we can take care of our emotional, mental, and physical well-being, including self-compassion.

#### Put Your Kindness into Action

When we practice self-kindness, we are taking care of our physical and mental health by doing things to help our bodies and minds function and operate more efficiently. When our personal batteries are charged, we are better positioned to feel our best, and be both a good friend and a caring citizen. **Some activities to consider:**



#### Practice Self-Care

Regular activity, brain breaks and healthy foods are an important part of self-care. Our bodies and minds deserve to be treated with kindness. Journal your activities and reflect on the different choices you have made and how they make you feel inside and out.



#### Take A Mindful Moment

Head outside for a mindful walk, taking in your surroundings and being present in the moment. Or set aside five minutes and listen to a meditation about taking care of yourself. There are many free and wonderful meditations to access over the internet and through different apps.



#### World Bullying Prevention Month

Take the pledge to stand up against bullying. Part of practicing self-kindness is applying that same care and compassion towards others. Participants can use the printable pledges on the following page or create one of their own.



#### 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 Sized Tissues, Fruit Cups, and Canned Pasta w/ Meat. Drop items off on October 28th 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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# Anti-Bullying Pledge



- I believe everyone has the right to feel safe.
- I will commit to standing strong against bullying.
- I will treat others with respect and kindness.
- I have the compassion to not be a bully.
- I have the courage to not be a bystander.
- I am responsible for helping others being bullied.
- I will report bullying when I see it or if it happens to me.
- I will not stand by. I will stand up.

\_\_\_\_\_

Name

\_\_\_\_\_

Date



# Anti-Bullying Pledge



*I agree to stamp out bullying and all forms of violence. I believe that everyone should be able to enjoy our school equally, feel safe, secure, and accepted regardless of ethnicity, gender, popularity, athletic ability, intelligence, religion, or nationality.*

- Support** students who have been subjected to bullying.
- Teach** by example treating other students with respect.
- Open** my eyes and be alert to all incidents of bullying.
- Prevent** bullying by reporting it and being kind to all.

\_\_\_\_\_

Name

\_\_\_\_\_

Date