



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

### Topic of the Month: SELF-NAVIGATION

Being mindful in exploring and developing skills that help us intentionally navigate situations and respond versus react.

### Put Your Kindness into Action

Some think of Self-Navigation as self-control or self-regulation, but we see it more as an opportunity to choose how to pilot situations. When we self-navigate, we are aware of our internal and external energy levels. This month, when we put our kindness into action, we will practice ways to strategically adjust our energy level so we can make effective responses. **Some activities to consider:**



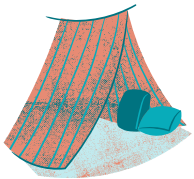
#### Create A Calming Jar

A calming jar helps to teach us how to control our emotions as well as how to self-regulate. Begin by decorating either a plastic jar or bottle. When that is completed, fill half the bottle with water and then pour clear glue, food coloring, and glitter. Securely seal the lid and then shake as you observe the glitter settle. See how it makes you feel.



#### Take Time for Breathing

Download a free meditation or breathing app on your phone. Take time to practice breathing methods as a group or individually. Encourage yourself to establish a designated time each day to continue practicing these breathing exercises.



#### Create A Safe Space

Create a space at home, in our minds, or anywhere that works to help ground ourselves so we can regulate our responses. This space could include pictures, journals, mindful coloring, and music, or picturing anywhere we feel calm. Discuss how these special spaces are a safe place to go to when experiencing big emotions.



#### Essential Needs Collection

If you live in Palm Beach County, join in collecting essential items for our neighbors who are hungry or without houses. Visit the [Kindness Angels Facebook page](#) for items needed this month. 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](#) 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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