



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

### Topic of the Month: COMPASSION

The ability to understand and feel what someone else is feeling, and a desire to alleviate someone else's suffering.

### Put Your Kindness into Action

Consider what we can do to truly understand, not assume, what someone else is feeling or needing. Then, work together to create solutions that alleviate someone else's suffering. Remember, we can show compassion to ourselves, as well as to others. **Some activities to consider:**



#### Celebrate Random Acts of Kindness

Observed annually, Random Acts of Kindness Week Feb. 14-20 is a weeklong initiative that includes Random Acts of Kindness Day on Feb. 17. RAK week celebrates the immense impact we can make simply by spreading more kindness. During this time, encourage compassion by spreading random acts of kindness, both big and small. Visit [randomactsofkindness.org](https://randomactsofkindness.org) and check out the attached sheet for ideas and inspiration.



#### Create & Deliver Inspirational Cards

Think about a friend, classmate, neighbor, or other person in your life who is going through a tough time. Create an inspirational card or hand-drawn picture and deliver it to them as a reminder of how important they are, how this too shall pass, and how much you value them in your life, remembering that even the smallest act of compassion can go a long way.



#### 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 and 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

Think about ways to encourage understanding and compassion for ourselves, with others, and within our communities. Consider what your community might lack or need and create a project to address those needs, practicing the monthly topic. KM365 Ambassadors can visit the Ambassador Resource Library for ideas.

**REFLECTION:** How might you respond towards yourself or others tomorrow, compared to yesterday, now that you've explored compassion?

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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