



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

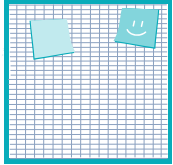
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### Topic of the Month: UNDERSTANDING & RESPECTING EACH OTHER

Realizing that everyone is important and has something to contribute. Interacting with a sense of curiosity so we can hear, see, and learn from each other.

### Put Your Kindness into Action

When we accept and understand our differences, we are better able to learn from one another and live more peacefully together. **Some activities to consider:**



#### Create a Vision Board

Create vision boards with inspiring words, images, and symbols that show our individual likes, interests and goals. This helps celebrate what's important to us individually and also to be curious about what means something to others...showcasing things we have in common and things that make us unique.



#### Create a Buddy Bench

Find a bench in your playground, park or community that can be painted and decorated. If you are not permitted to paint, place kindness rocks and flowers next to it. To promote kindness and respect, it would be fun to name the "Our Kindness Bench" or "Our Buddy Bench." The bench can become a symbol of friendship to all who visit it. If a bench is unavailable, you can designate a seating area, a table or other area in any common space to become your symbol of mutual understanding and respect.



#### 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, respect, acceptance, and diversity amongst ourselves 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.

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).