



## ENGAGING IN UNITY TO STRENGTHEN OUR COMMUNITY

### Topic of the Month: OPTIMISTIC THINKING

Feeling hopeful, even in challenging times. Understanding those things we can control and confidently directing our actions toward the positive.

### Put Your Kindness into Action

Although genuinely difficult situations challenge our communities, we can work together to create solutions. What is our part in identifying and addressing issues in our community, even when the problems seem devastating? Consider a current challenge and possible approaches to help overcome it, and work together in the community to take steps toward a hopeful outcome. **Some activities to consider:**

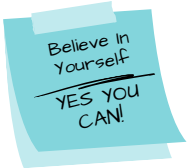
#### Help Fight Food Insecurity

Did you know breakfast foods are among the least donated items to food banks? In honor of National Cereal Month, start a cereal drive and help serve a bowlful of happiness for children and families in need. If you live in Palm Beach County, you can support our annual **KM365 Cereal4All Collection Drive** and drop off donations at **Boca Helping Hands**. Tell them you're part of the KM365 family and post a pic tagging #kindnessmatters365 on social media!



#### Use Your Creativity for Positivity

Create positive affirmations and optimistic messages on sticky notes, scratch paper, or uniquely shaped craft paper. Display them in a visible place for yourself or share with others as a reminder of the power of positivity and optimistic thinking.



#### Essential Needs Collection

If you live in Palm Beach County, join us in collecting essential items for those who need a helping hand in our community. 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

Work with your community to determine what is needed and create a project to address those needs, practicing the monthly topic. KM365 Ambassadors can visit the Ambassador Resource Library for ideas.



**REFLECTION:** In what ways can you be responsible for identifying a challenge in your community, and how might you address the issue or advocate?

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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