

Take

TAKE 5 in Our Communities

- Greet 5 strangers.
- Perform 5 random acts of kindness.
- Sponsor or attend a TAKE 5 Workshop at your organizations.
- Invite 5 people to an activity.
- Hear the siren of our community service folks (fire, police, medical)? TAKE 5 and bless them in their response to emergencies.
- Share the TAKE 5 information with others.
- Consider reaching out to new community members.
- TAKE 5 and pause to visit with an elderly neighbor.
- Model TAKE 5 in the grocery store, sporting events, etc. Create a culture of respect when others frustrate you.
- TAKE 5 and encourage a young parent with toddlers when a tantrum occurs rather than judge.
- Pay it forward...TAKE 5 extra minutes from your day and let someone go ahead of you in line at the bank, grocery store etc.
- TAKE 5 minutes and consider how you can be a good neighbor.
- Find 5 folks in your community who need help with yard and gather friends to "just do it"!
- TAKE 5 to better understand people of different cultures.
- Positively acknowledge others out and about in the community to enlist happy and healthy interactions.

How will you TAKE 5 in your community?