



- In times of crisis, what responsibilities do individuals and communities have to one another?
- What does “welcoming others” look like to you in practice, not just in principle?
- What is the most recent “random” act of kindness you shared with someone else in your community? And what is the most recent “random” act of kindness you received from someone in your community?
- Do you think kindness benefits our individual and collective well-being? If so, in what ways do we benefit? If not, why not?
- When have you felt most supported by your community, and what made that support meaningful?
- What barriers (i.e., personal, social, systemic, etc.) do you think make it harder for people to show up for one another?
- Where do you see opportunities in your daily life to practice compassion more intentionally?
- How do small, everyday actions contribute to a stronger sense of belonging in a community?
- How do we balance caring for ourselves with caring for others, especially during stressful times?