



LET'S CELEBRATE

#BESTBUDDIESMONTH



MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Recognize the start of Best Buddies Month by taking the Spread the Word pledge!	2 During class, talk about Spread the Word and post flyers around school for students to participate #PLEDGETOINCLUDE	3 Wear your Best Buddies gear to kick off Best Buddies Month!	4 
5 	6 Post Spread the Word Pledge posters with your buddy around school! #PLEDGETOINCLUDE	7 Ask a Best Buddies Ambassador to speak about what inclusion means during your chapter meeting	8 Ask your homeroom teacher if you can share about what Best Buddies is and why you are involved	9 Publish an article in your schools newspaper about Best Buddies and highlight a buddy pair!	10 Have a movie night with your buddy to see the new film, Champions!	11 
12 	13 Host a Best Buddies field day with inclusive activities during your PE class	14 Share why you love Best Buddies on social media and ask your followers to donate to your Friendship Walk team	15 Work with your school administration to highlight Best Buddies month during morning announcements	16 Host a Best Buddies information table during lunch	17 Partner with a school sports team to host inclusive games during halftime or at a community event	18 
19 	20 Post a Best Buddies video on social media. Use #BESTBUDDIESMONTH Tag @BestBuddies	21 Recognize World Down Syndrome Day and learn more about how to get involved	22 Partner with a local restaurant for a Dine to Donate fundraiser to support your local chapter	23 Sell Best Buddies t-shirts in school to share your chapter pride on campus	24 Work with your chapter advisor to share about Best Buddies Month in e-newsletters, school board meetings, and on social media	25 
26 	27 Challenge five people to join the e-Buddies virtual community at bestbuddies.org/what-we-do/ebuddies	28 Partner with clubs on campus to create a day of diversity and inclusion!	29 Host a community service event for Best Buddies members to raise awareness about the mission in your community	30 Spend time with your buddy to reflect on Best Buddies Month and write about it in your Buddy Journal!	31 On the last day of March, wear your Best Buddies gear and share your why on social media!	For more info or to get involved, please visit     BESTBUDDIES.ORG