

March 2024

— C E L E B R A T E — #BESTBUDDIESMONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26 	27 	28 	29 	1 Wear your Best Buddies gear to kick off Best Buddies Month at your School! 	2
3 	4 Talk to your chapter about Spread the Word and post flyers around school for students to participate #PLEDGETOINCLUDE	5 Ask your homeroom teacher if you can share about what Best Buddies is and why you are involved	6 STW Day! Ask peers to take the pledge by signing the banner, share online and tag #PLEDGETOINCLUDE	7 Post Spread the Word Pledge posters with your buddy around school! #PLEDGETOINCLUDE	8 Ask a Best Buddies Ambassador to speak about what inclusion means during your chapter meeting	9
10 	11 Host a Best Buddies field day with inclusive activities during your PE class	12 Post about Best Buddies on social media and ask friends to donate to your Friendship Walk team	13 Work with your school administration to highlight Best Buddies month during morning announcements	14 Table before school and during lunch to pass out Best Buddies stickers	15 Partner with a school sports team to host inclusive games during halftime or at a community event	16
17 	18 Sell Best Buddies t-shirts in school to share your chapter pride on campus	19 Have a movie night with your buddy and post a picture on social media and tag #BESTBUDDIESMONTH	20 Partner with a local restaurant for a Dine to Donate fundraiser to support your local chapter	21 Learn more about World Down Syndrome Day and how to get involved	22 Share about Best Buddies Month in e-newsletters, school board meetings, and on social media	23 For volunteer resources and trainings, please visit Best Buddies University
24 	25 Sign-up for the virtual e-Buddies community: bestbuddies.org/what-we-do/ebuddies	26 Partner with clubs on campus to create a day of diversity and inclusion!	27 Host a community service event for Best Buddies members to raise awareness in your community	28 Spend time with your buddy to reflect on Best Buddies Month and write about it in your Buddy Journal!	29 On the last school day of March, wear your Best Buddies gear and share your why on social media!	30 For more information or to get involved, please visit BESTBUDDIES.ORG