

B.L.E.S.S

This week in our B.L.E.S.S. series was E for eat together. Kids may have the opportunity to choose who they will eat with at school, but for children, often they connect with one another over shared experiences. So E is also for experience. Below is a list of possible experiences (some include eating) that kids can share with their neighbors:

- Play together during recess at school.
- Choose to partner during a school project.
- Invite the friend over to play, create art, watch a movie, or have a snack or meal together.
- Host a party or game night.
- Meet at a community playground.
- Meet at the library.
- Go for a bike ride.

"Eat Together" and B.L.E.S.S. are from the book, *BLESS: 5 Everyday Ways to Love Your Neighbor and Change the World*, by Dave Ferguson. Published by Salem Books, 2021.