



The Kindness Project

Everybody Matters

www.sshskindnessproject.ca

The Kindness Project Pledge

I pledge to be kind and respectful to my family, friends, Elders, and others.
I fully acknowledge that being kind starts with me. I embrace the chance to change the world with my words, my actions and my thoughts.

I will be kind with my words

I will be supportive and encouraging • I will share open-heartedly
I will listen without judgment • I will think before I speak • And I will be patient.

I will be kind in my actions

I will offer help to others • I will say hello to everyone I see • I will share only positive news
I will do a simple act of kindness everyday • And I will apologize if I am unkind.

I will be kind in my thoughts

I will be happy for others successes • I will give people the benefit of the doubt
I will always give others a second chance • I will think the best of people
And I will let compassion guide my thoughts.

I will let people know that I care by my words and my actions. I will live in kindness.
And, I will commit to loving myself so that I may better love others. I will do my best every day to uphold The Kindness Project Pledge because everybody matters.

SIGNATURE

DATE