

Kindness Oath/Pledge Spread Kindness







I pledge to:

- be kind and help others
- not pick on or make fun of someone
- try to accept and not judge

I will:

- always respect others
- stand up to bullying
- speak with kindness and
- use my hands to help not hurt

"How do we change the world?

One random act of kindess at a time"

Morgan Freeman