Join the Kindness Movement
You Can Make a Difference
We Can Make a Kinder World

Ideas for College Students
Kindness Promise Cards

Old School: Grab a pen and paper and write a letter to someone you haven’t seen in a while.

Baby Cuddlers: Baby Cuddlers are needed to hold premature babies in hospitals to give them skin-to-skin contact and lots of love! This gives parents of these infants much-needed help when they can't be with their children. Leave a Kindness Promise Card behind to let the parents know that you promise to hold their child with loving arms.

Spread the Word: See if you can get the Kindness Promise Cards printed or attached to your school newspaper so they can be available to the whole student body. Stick Kindness Promise Cards in books in the library. Share Kindness Forward.

Service Pledge: At the beginning of the semester, make a pledge to join and serve on a team of volunteers on campus. Write down a way you can help on a Kindness Promise Card as a goal to accomplish during the semester.