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

Ideas for Communities and Groups
Kindness Promise Cards

Service Pledge: Make a pledge to join and serve on a team of volunteers. Write down the Community or Group you wish to be a part of on a Kindness Promise Card as a goal to accomplish during the year.

Publicize Service Opportunities: Keep Kindness in Motion by distributing or otherwise making available Kindness Promise Cards. Encourage other members and newcomers in your Community or Group to join the Kindness Movement.

Be a Kindness Leader: Use the Kindness Promise Cards in your youth programs to emphasize the benefits of living in a Kinder world. Encourage them to start a dialogue around Kindness and to hand out the cards to friends, family, and teachers.

Be a Kindness Butterfly: Develop small Acts of Kindness that can have large effects. Enlist others to assist in your Kindness Projects. As one example, assemble Kindness Bags of necessities to give to the homeless. Attach a Kindness Promise Card. These Kindness Bags could be contain:

- Hand-Warmers
- Bottle of Water
- Band-Aids
- Baby Wipes
- Hand Sanitizer
- Toothbrush and Toothpaste

Be a Kindness Role Model: Teach, talk to, encourage, explain, and demonstrate Kindness to children and younger people. Set the Kindness Example.