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

Ideas for High School Students
Kindness Promise Cards

Locker Love: Spread Kindness like confetti by attaching Kindness Promise Cards to lockers around your school.

Set Kindness Challenges: At the beginning of a day or week, write down one major kindness promise or goal to accomplish. Challenge yourself to keep Kindness in Motion.

Be a Kindness Volunteer: Get involved when your school needs volunteers. Meet the needs already being advertised in your school and use a Kindness Promise Card to commit to service.

Advertise Kindness: Attach the Kindness Promise Card to classroom and bathroom doors since they are high traffic areas and will reach a wide range of students. Have members of Student Council hand out Kindness Promise Cards during a Kindness Spirit day.