

# THE KINDNESS PLEDGE

I pledge to myself on this day,  
To try to be kind in every way,  
To help each person young and old,  
To have a pleasant day unfold.  
When I love myself and others too  
That is the best I can do.

**kindness**  
MATTERS

A CAMPAIGN OF KINDNESS  
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**THE POWER TO BE KIND IS IN YOUR HANDS.**