

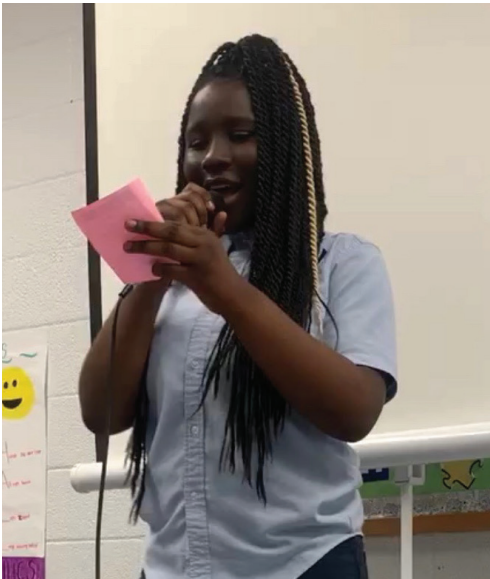
# INTERACTIVE ACTIVITIES

We hope you enjoyed *Finding Kind!* Now that you are officially a part of the Kind Campaign movement, we are excited for you to take action by participating in three activities; the Kind Pledge, Kind Apology and Kind Card. We have witnessed these activities save lives, mend broken friendships, and start life-changing conversations.

## 1. KIND PLEDGE

The Kind Pledge gives you the opportunity to take an action step in the name of kindness. Write down the pledge that you want to take to create change within your school hallways, your community and within your own life.

Here are some examples of Kind Pledges made by girls from Kind Campaign assemblies across the country.



“ I kindly pledge to be kind to myself. To stop hurting myself, stop blaming myself and to reach out and ask for help when I need it.

- Amara, Boston, Massachusetts ”

“ I kindly pledge to stop talking behind my friends backs and to stop participating in gossip. I promise that I will not be a bystander and I will use my voice when I see others being bullied on campus.

- Ruby, Salt Lake City, Utah ”

**KIND PLEDGE**

By taking the Kind Pledge, I pledge to unite in kindness in an effort to end bullying.

I KINDLY Pledge to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

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@kindcampaign #kindpledge  
www.kindcampaign.com

Now take a couple minutes to fill out your Kind Pledge. Keep this pledge as a reminder of how you want to help create change.

Scroll to the next page to find the Kind Pledge. You can type directly onto it. Then you can save it to your computer, screenshot it, or print it out.

## KIND PLEDGE

By taking the Kind Pledge, I pledge to unite  
in kindness in an effort to end bullying.

I **KINDly** Pledge to:

Name: \_\_\_\_\_

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## 2. KIND APOLOGY

The Kind Apology is one of the most important parts of this assembly. The Kind Apology gives you the opportunity to write an apology to someone for something hurtful that you have said or done. Everyone has something that they can apologize for, us included. Apologizing to someone is not only healing for the person that you're apologizing to, but it's also a healing thing for yourself as well, so that you don't have to look back on this chapter of your life and have regrets.

This activity has transformed hundreds of thousands of lives and friendships across the country, has started important conversations and has mended conflicts that have been going on for years.

**After the assembly, we want you to give your apology to the person you have written it to.** You could send it in a text, an email or you could print the apology and hand it to the person the next time that you see them. We know that may seem a little intimidating, but we promise, if you take this seriously, you will see the most impactful change happen.

Here are a couple examples of Kind Apologies shared by girls from Kind Campaign assemblies across the country.



“ Dear Kat,  
I'm sorry for not being there for you. I should have stood up for you and not followed the group that was tormenting you. I know we don't know each other that well, but I should have spoken up and stood up for what was right. I hope you can forgive me. ”

KINDly,  
Charlotte, Boise, Idaho

“ Dear Shantel,  
I'm sorry I got all our friends to turn on you. I did it because I was jealous of you. You didn't deserve the pain that you went through and I wish so badly that I could take it back. It had nothing to do with you and everything to do with myself and my own insecurities. You are truly a beautiful person inside and out. ”  
I'm so sorry.

KINDly,  
Becca, Detroit, Michigan

**Scroll to the next page to find the Kind Apology. You can type directly onto it. Then you can save it to your computer, screenshot it, or print it out.**

# KIND APOLOGY

Dear, \_\_\_\_\_

KINDly, \_\_\_\_\_

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### 3. KIND CARD

In our busy, everyday lives, we often forget to let people know how much we appreciate them. The Kind Card gives you the opportunity to share kind words with someone. It's amazing to see how a few words can change someone's day and even someone's life. This Kind Card can be written to a close friend, or even to someone who you don't know very well. **Just like the Kind Apology, we encourage you to give your Kind Card to the person you are writing it to.** Once you have filled out your downloadable Kind Card, you can send it via text, email or even print it out and share it.

Here are some examples of Kind Cards written by girls from Kind Campaign assemblies from across the country.



“ Dear Vanessa,  
I know we have never really talked before but I just want you to know that your smile is contagious and I think of you as one of the nicest, most genuine people in our entire school. I would love to get to know each other better before we graduate. You're also such a talented artist!  
KINDly,  
Tianna, Sacramento, California ”

“ Dear Ariana,  
You have been there for me since elementary school. You stand up for what you believe in and you are honest. I love how you always stick up for people. Your courage inspires me to be a better person.  
KINDly,  
Chelsea, Charlotte North Carolina ”

**KIND CARD**

Dear, \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

KINDly, \_\_\_\_\_

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@kindcampaign #kindcard  
www.kindcampaign.com

Scroll to the next page to find the Kind Card. You can type directly onto it. Then you can save it to your computer, screenshot it, or print it out.

**When you finish your Kind Card, continue the assembly by clicking the next button labeled, Founders Closing Video.**

## KIND CARD

Dear, \_\_\_\_\_

KINDly, \_\_\_\_\_

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