

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 create so much change in people's lives all over the world.

1. KIND PLEDGE

Write down a promise that you want to make to actively 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 stop talking behind my friends backs and to stop participating in gossip. I will no longer be a bystander and I pledge to use my voice when I see others being bullied on campus.

- Ruby, Salt Lake City, Utah

I kindly pledge to be kind to myself.

- Amara, Boston, Massachusetts

”

KIND PLEDGE

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

I **KINDly** Pledge to: _____

Name: _____

JOIN THE MOVEMENT
@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: _____

JOIN THE MOVEMENT
@kindcampaign #kindpledge
www.kindcampaign.com

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 and feel sad about the way you treated somebody.

This little piece of paper has healed thousands of friendships across the country, and has started important conversations between friends. **After the assembly, we want you to give your apology to the person you have written it to.** Your parents could help you 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 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 Shantel,
I'm sorry I got all the girls in school 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 ”

“ Dear Kat,
I'm sorry for not being there for you when you were sad. I should have stood up for you and not followed the group that was being mean to you. I should have been a better friend.
Thank you for forgiving me.
KINDly,
Charlotte, Boise, Idaho ”

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, _____

JOIN THE MOVEMENT

@kindcampaign

www.kindcampaign.com

3. KIND CARD

In our busy, everyday lives, we often forget to let people know how much we care about 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, your parents can help you 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. You're also
such a talented artist!
KINDly,
Tianna, Sacramento, California ”

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

KIND CARD

Dear, _____

KINDly, _____

JOIN THE MOVEMENT
@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, _____

JOIN THE MOVEMENT
@kindcampaign #kindcard
www.kindcampaign.com