

# MY KINDNESS CALENDAR

The kindness challenge is a challenge to perform one random act of kindness every day, no matter how small. Simply choose and perform a random act of kindness each day and record it in your kindness calendar. By showing kindness, you help to make the world a better place.

Day	What was your act of kindness	How did the person react to or feel about your act of kindness	How did it make you feel
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

**If you have to choose between being kind and being right, choose being kind and you will always be right (womenworking.com)**



# PLEDGE



I, \_\_\_\_\_ (name) pledge to join the Anti-Bullying Crusade.

## I will:

- Not bully others
- Treat others with respect and kindness
- Speak out against bullying
- Not watch, laugh or join in when someone is being bullied
- Report bullying to an adult. **I know that silence and non-action is participation.**
- Reach out to others who are bullied
- Be cyber-wise, and not post and share abusive messages or video clips
- Be a good role model at home, school and the community

**I am an ANTI-BULLYING Crusader! I am all for peace and harmony**

.....  
**Signature**

PSYCHO-SOCIAL SERVICES  
SPECIAL NEEDS EDUCATION SERVICES  
.....  
**Date**