Kindness Pledge

I wanted to share this kindness pledge since December's word is kindness. Maybe you can use it? or share?

Kindness Pledge
I pledge to myself on this day,
To try and be kind in every way,
To every person big and small,
I will help them if they fall.
When I love myself and others, too,
That is the best that I can do.

Kindness Quote: Kindness is a language which the deaf can hear and the blind can read. Mark Twain

These are from: The Kindness Curriculum by Judith Rice.

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