



Audubon Nature Institute  
Celebrating the Wonders of Nature

# The Pledge of Kindness

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

Please take this pledge of kindness and to commit to an act of kindness.  
Once you've filled out your pledge, snap a picture of it and tag us on Instagram @auduboninstitute  
or Facebook @AudubonNatureInstitute and include #PledgeofKindness. Thank you.



## Kindness Pledge

I \_\_\_\_\_ will be kind by  
*(Name)*

\_\_\_\_\_  
*(Kind Deed)*

\_\_\_\_\_  
*(Signature)*

\_\_\_\_\_  
*(Date)*