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.