

Kindness is a Superpower

I am a Kindness Superhero!

I pledge to use my kindness superpower every day.

I promise to be kind to myself and others.

I will give a Thumbs Up instead of negativity.

I will help my Superpower Spark grow brighter!

Kindness Superpower Action Plan

Kindness is a Superpower It lives inside all of us. Join in and unleash yours!	Why Kindness Matters It makes you feel happier and helps everyone around you feel better too.
Thumbs Up Instead Every time you choose kindness instead of negativity, you practice your superpower.	Take Kindness Viral Start with yourself, then your school, home, and community. Kindness creates a big ripple effect!

Be a HeroKindness Every Day!

Join the movement at thumbsupforkindness.com

