

Thumbs Up ForKindness Pledge Ideas

I pledge to practice kindness every day —
to others, to myself, my family, friends, and the world around me.
I am a HeroKindness — kindness is my superpower!

Best for: Ages 5–12, daily morning circle or assembly. Simple and empowering.

2. Superpower-Focused Pledge (Emphasizes inner strength)

I am a Kindness Superhero!
I pledge to use my kindness superpower every day:
to help a friend, be gentle with myself, and spread good vibes everywhere.
Thumbs up for kindness — let's go!

Best for: Younger kids (K–3) or superhero-themed classrooms.

3. Class-Specific Pledge Template (Fill-in-the-Blank Style)

We are [Class Name/Grade] Kindness Heroes!

We pledge to:

- [Be kind to classmates by...]
- [Take care of ourselves by...]
- [Help our school and world by...]

Every day, we will give a thumbs up and show kindness.

Together we are strong — kindness is our superpower!

Best for: Group brainstorming. Students fill in the blanks as a class project.

4. Short & Catchy Daily Pledge (For quick recitation)

Thumbs up, be kind, today and every day!
To myself, to friends, in every single way.
Kindness is my power — watch it grow and stay!

Best for: Ages 6–10, fast morning routine or end-of-day reflection.

5. Inclusive & Global Pledge (Emphasizes wider impact)

I pledge to be kind in every way,
To myself, my friends, and all I meet each day.
With a smile and thumbs up, I'll spread kindness far and wide,
Making our class, our school, and the world a kinder place inside.

Best for: Older students (grades 4–8) or school-wide announcements.

6. Very Simple Younger Kids Version (Rhyming & Easy)

I promise to be kind,
With my heart and my mind.
Thumbs up to you, thumbs up to me,
Kindness is the best — one, two, three!

Best for: Kindergarten–Grade 2, short and rhythmic.