

## HOW CAN ONE K-KID'S ACT OF KINDNESS MAKE A DIFFERENCE IN THE WORLD

As a K-Kid I promise to serve my neighborhood and my school. I will show respect, towards my environment and I will try to make the world a better place in which to live .

By applying our K-Kid pledge ONE K-KID can and will make a difference with an act of kindness.

An act of kindness can and does come in many forms! If you see an elderly , or disabled person having a hard time doing something , stop and help them with the task that is difficult for them, such as carrying groceries or raking leaves . If you are entering a building and someone is behind you hold the door open for them to enter first.

Look at what can be done to improve your home, school, and community. Then do your best to organize fundraisers like car washes , and bake sales. Help with work activities and any other program that will in the end benefit others

When you see someone who is sad or depressed do your best to comfort them. Comfort can and does come in many forms. Just listening to what is bothering them , or finding someone that can help them with what is causing the sadness . You may be able to help by keeping them warm or providing food or shelter, or just being a friend.

Always speak kindly of and with others . Never join in with bullying or harsh teasing. Meaningful words can and often do solve many problems. Just let people know that you care about them

Our current times are very difficult for many of us . With simple acts of kindness, and words of comfort one K-KID will show that we as young people do care and are willing to help others