

Washougal High School's Kindness Pledge

We believe that kindness matters and want you to be a part of our campaign to spread kindness here at Washougal High School and in our community. By signing this pledge you are committing to doing at least five (5) of the items on this list.

1. I will smile or say hello to five (5) new people.
2. I will put my phone away while having a face to face discussion.
3. I will spend quality time with family and friends.
4. I commit to writing thank you notes to teachers or staff members (cards will be available, for free, during your lunch on April 11th).
5. I will ask five (5) friends what makes them happy. (When your friend needs to be cheered up you now have an idea on how to help them).
6. I will send a smile someone's way (Smile Grams will be available, for free, to send to classmates. Fill the Grams out during your lunch on April 10th and April 17th – look for the Unite! Washougal table).
7. I will cleanse my social media of negativity. I will unfollow things that are untruthful or hurtful towards myself or others. I will make sure that what I have posted recently brings goodness, kindness, and positivity into the world.
T.H.I.N.K. – Is it true? Is it helpful? Is it inspiring? Is it necessary? Is it kind?
8. Write down five (5) things you are grateful for.
9. Fill out up to five (5) Kindness Slips to highlight others you see doing kind things (Kindness Slips are available to fill out during lunch Tues. & Wed. with a drawing on Thursday at lunch).
10. Choose your own kindness!

Your Name: _____

Return your signed pledge sheet to the Unite! Washougal table during your lunch on April 20th and be entered into a grand prize drawing during our Spirit Assembly on April 27th.

