



Peace Pledge In Action

I pledge to use my words to speak in a kind way.

- Be part of a unifying Guinness World Record! Write messages of love and hope on [Linked by Love](#) links made from 11" x 1.5" recycled strips (e.g. from cereal boxes) and mail to Kids for Peace
- Create a [Someday Soon Jar](#) and fill it with notes of activities you look forward to doing once it's safe
- List 10 things you are grateful for
- Write positive messages on Post-It Notes and place on mirrors in your house
- Call a relative to brighten their day

I pledge to help others as I go throughout my day.

- Show appreciation with [Gratitude Gifts for Delivery Drivers](#)
- Acknowledge the sacrifice of essential workers with an [Appreciation Pizza](#)
- Make others smile by creating your own [Undercover Smiles](#) mask
- Create a "Take what you need - Leave what you can" container for your neighborhood
- Do household chores without being asked. Make your bed, pick up your toys, clean your room/bathroom

I pledge to care for our earth with my healing heart & hands.

- Check out the one-click actions from our friends at [rootsandshoots.org](#)
- Go on a walk and pick up litter along the way (wear gloves & stay 6 feet apart from others!)
- Learn about recycling in your community and put that knowledge into action
- Water plants and/or pick weeds for a neighbor
- Upcycle your trash with a [COVID Cardboard Creation](#)

I pledge to respect people in each and every land.

- Make new friends with a [Peaceful Pen Pal](#)
- Learn how to say "hello" and "thank you" in 5 different languages
- Discover something new about a different culture or a different country
- Listen to music from different parts of the world
- Pick at least one country from each continent and learn about their favorite food/dish

I pledge to join together as we unite the big and small.

- Brighten the spirits of a senior by writing a [Loving Letter to a Grandfriend](#)
- Celebrate older and younger friends with a [Happy Birthday Party Parade](#)
- Spend time taking care of your pet. Feed, brush, walk and clean up after them
- Send letters and cards or draw pictures for those in senior home, memory care and hospice facilities
- Coordinate a safe way for you to walk your neighbor's dog (wearing gloves and a mask)

I pledge to do my part to create peace for one and all.

- Display a heart in your window then go on a [Happy Heart Hunt](#) around your neighborhood
- Paint peace rocks and hide them around town
- Practice inner peace with a [Breather Break](#)
- Stay strong and healthy with a [One-Minute Wonder](#) workout
- [Chalk your walk](#)- leave happy messages on the sidewalk for your neighbors

Thank you for helping to create a kinder world one Peace Pledge line at a time. Your actions make a difference!