

# 5:1 Kindness Challenge Pledge

Be kind, small kine.  
And bank 'um.

In commemoration of Conflict Resolution Day, October 18, 2018, I will participate in the 5:1 Kindness Challenge. In order to build and maintain healthy relationships, and to lay foundation for civility under any circumstance, I commit to initiating **FIVE** positive interactions each day from today until the end of October 2018.

These positive interactions can be the smallest, simplest gestures. They all count, and they are all banked for that **ONE** time that I may not be on my best behavior.

By signing this pledge, I also commit to spreading the word and letting others (at least one individual) know about the 5:1 Kindness Challenge Pledge.

_____	_____
Name	Pledge Start Date
_____	_____
Witness	Support Start Date

I will pass this on.

**Remember to Post your Pledge and Tweet your Experiences!**

Remember to post your pledge and share your experiences on Facebook, Instagram, and Twitter. Use one or more of the following hashtags on your post so we can follow your progress and you can see what others are doing!

#KindnessChallenge5-1      #BeKindSmallKine      #KindnessChallenge

***Go to [ACRHawaii.org](http://ACRHawaii.org) for details and more pledge forms.***

Pay someone a compliment • Offer encouraging words • Smile  
• Show appreciation • Make someone laugh • Hold the door open • Initiate conversation in the elevator • Give a two thumbs up

**Challenged by:** The Association for Conflict Resolution – Hawai'i, The Center for Alternative Dispute Resolution; The Hawai'i State Bar Association-ADR Section; the Matsunaga Institute for Peace and Conflict Resolution; and the Mediation Center of the Pacific

