

# *P.E.T. Pledge - Acts of Kindness Ideas*

## Animals

- Offer to walk a neighbour's pet
- Groom your pet
- Learn why it's important to spay or neuter pets
- Collect old towels & blankets to donate to an animal shelter
- Find out what foods are poisonous to pets
- Create posters to encourage kindness to animals
- Set up a birdfeeder or bird house
- Learn how to approach an unknown dog
- Learn about an endangered species in Alberta and what you can do to help
- Learn 3 facts about an animal you don't like
- Pick up garbage in your schoolyard so wildlife won't eat it
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## People

- Give someone a genuine compliment
- Hold the door open for someone
- Say thank you and mean it!
- Make a new friend
- Read a book with a family member
- Have a screen-free night. Play games or do crafts instead
- Donate unwanted books and toys to children in need
- Write a note to a family member telling why they're special to you
- Cheer up someone who's feeling down
- Eat lunch with someone new
- Send a letter or a postcard to someone out of town
- Discuss acts of kindness with your family – ask what they do to show kindness and how it makes them feel
- Help a neighbour! Offer to shovel snow or rake leaves
- Say hello to a student you don't know
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## Environment

- Take shorter showers
- Turn off the tap while brushing your teeth
- Pack a waste-free lunch
- Turn off lights you aren't using
- Compost fruit and vegetable scraps
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