










P.E.T. Pledge — Acts of Kindness Checklist

<p>Cheer someone up if they're feeling down.</p>	<p>Turn off the tap when you brush your teeth</p> 	<p>Help clean up your classroom, school yard or neighbourhood park.</p>	<p>Brush your pet.</p> 
<p>Learn 3 new things about your favorite farm animal.</p> 	<p>Give a genuine complement!</p>	<p>Plant something.</p> 	<p>Hold the door open for someone.</p>
<p>Walk or ride your bike.</p> 	<p>Write a thank you note to someone.</p> 	<p>Create a poster to encourage kindness to animals or responsible pet ownership.</p>	<p>Help a family member bake or cook. Help them clean up too!</p> 
<p>Read a book with someone.</p> 	<p>Organize a game or activity for family or neighbours.</p>	<p>Help save energy! Turn the lights off.</p> 	<p>Eat lunch with someone new.</p>