

Dear Student,

Extremism has no religion. But it does thrive on stereotypes and mistrust. You have the power to stop division from spreading in your school and community. There are four acts of kindness on here that I want you to commit to today.

Cut off an act of kindness below, fill it out and hand it to someone. It might be someone who isn't from the same background as you, or who you've never really spoken to.

Or a classmate with different opinions. Or maybe that person who just keeps themselves to themselves. There are so many ways you can help close the divide between us.

You can also make a pledge to me. Fill out the pledge, take a picture of it, and email it to me at [mike@globalactsofunity.com](mailto:mike@globalactsofunity.com). The pledge can be a specific change you want to make about yourself. Or, you can make a commitment to me that you will combat hatred with friendship and communication. If I did it, I know you can.

Now it's over to you to take your own stand against hate.



Mike Haines



# A THANK YOU

Write a thank you to someone, then pass it on to them.

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# A PROMISE

Write a promise to someone, then pass it on to them.

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# A COMPLIMENT

Write a compliment to someone, then pass it on to them.

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# A FAVOUR

Write a favour to someone, then pass it on to them.

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# A PLEDGE

Write your pledge to me, take a picture of it and email it to me: [mike@globalactsofunity.com](mailto:mike@globalactsofunity.com)

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