



Difference Differently

Personal Action Pledge

Name: _____

School: _____

Class: _____

I pledge to do the six positive actions identified below for at least one week.

- Offer to help without being asked
- Share what you have
- Get to know someone who is very different to you
- Don't gossip
- Tell the truth or do what you know is right, even when this is hard
- Save water by turning off the tap when brushing your teeth and by having shorter showers
- Say thank-you and really mean it
- Stick up for someone
- Listen without interrupting
- Stop yourself when you are about to put someone down
- Pick up litter which is not your own
- Chat to someone elderly
- Accept an apology
- If someone is left out, invite them to play
- Be friendly to someone you are not usually friendly with
- Turn off the light when you are not in your room
- _____

Signed _____

Date _____

One week after signing your pledge reflect on your achievement. For each action rate how well you did by writing 1-3 next to each selected action.

1=none of the time, 2=some of the time, 3=all of the time