

## KINDNESS AT HOME™ JOURNAL

### RESPECT • Week 3 • Ages 13-Adult

Sometimes we may find it easier to show respect to people OUTSIDE our home, such as our teachers and our bosses. However, respect needs to start IN the home first. This week, look at how you treat those in your home. Is there a person that you find more difficult to get along with? Perhaps your personalities are different or you prefer quiet while they enjoy talking. Even when we don't see eye to eye, we can still be respectful.

Remember, **Respect is treating people, places, and things with kindness.**

This week, aim to treat everyone in your home with respect, even those with whom you do not intentionally spend time.

### YOUR TURN

Journal Prompt this week:

**What is one way you feel respected in your home?**





