

KINDNESS AT HOME™ JOURNAL

RESPECT • Week 3 • Ages 4-7

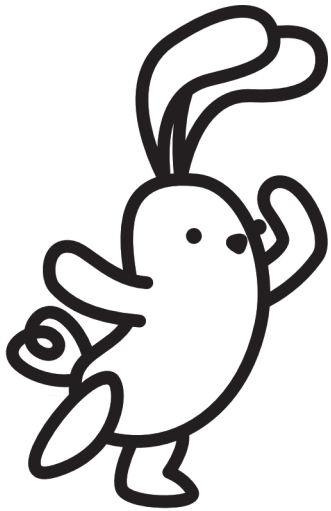
It may feel easier to show respect to people OUTSIDE our home, such as our teachers and friends. However, respect needs to start IN the home first.

How do you treat the people you live with? Do your words and actions show respect? What about when you are upset or angry? Are you able to be respectful even when you don't agree with someone at home?

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, try to treat everyone in your home with respect, even when you disagree.



YOUR TURN

Journal Prompt this week:

What is one way you feel respected in your home? Draw a picture below!

A large empty rectangular box with a thin orange border, intended for a child to draw a picture related to the journal prompt.

Using the T chart below write/draw disrespectful actions on one side and respectful actions on the other. Example: Disrespectful, jumping on the couch, Respectful- sitting on the couch, etc.

How can you use your words and actions to show respect when someone interrupts you during play time?

How can you tell someone at home that you are upset with them without using mean words?

How can you be respectful AND still be honest?

Think about a time when you got upset with someone in your home this week. Were you able to be respectful? If so, what did you do? If not, what can you do next time?