

KINDNESS AT HOME™ JOURNAL

RESPECT • Week 1 • Ages 13-Adult

The word RESPECT can mean a lot of different things. Because of this, it is super important to define it before discussing it. Here, we are going to focus on treating people, places, and things with kindness. When we do this, we show respect. Every family needs respect, whether you are a 2 person family or a family of 12; whether everyone lives under the same roof, or goes back and forth between houses.

How we treat ourselves, the people we live with, and the home we live in, says a lot about who we are. This week, we will be focusing on HOW we can show respect.

Remember:

RESPECT is treating people, places, and things with kindness.

Think about who and what needs RESPECT in your home:

- How do you respect yourself each day? Do your words and actions show respect to YOU?
- How do you respect others? Do you choose kindness and respect?
- How do you respect your home? Do you take care of the things and the spaces to the best of your ability?

YOUR TURN

Journal Prompt this week:

When we can identify the people, places, and things in our home, it makes it easier to focus on them as we learn more about RESPECT. Draw or write about where you live and who lives there with you. Even if someone is not around all the time, include them. Every person, place, and thing in our homes deserve RESPECT.



