

KINDNESS AT HOME™ JOURNAL

RESPECT • Week 2 • Ages 8-12

As you get older, you become able to do more things alone. This can be both exciting and overwhelming. You don't need your parents to help you with every little thing, but you also need to remember things like taking care of your body, your room, your homework. All of these things fall under the category of **self-care**.

This is the first step in RESPECT.
RESPECT is treating people, places, and things with kindness.

The first place to start showing RESPECT is with YOU!

- Think about how you treat yourself. This includes:
- How you RESPECT your body- bathing, brushing your hair and teeth, and keeping your room clean are all important ways to respect your body with good hygiene.
 - How you RESPECT your mind- sleeping, resting when sick, and talking to someone you trust when you are upset are all great ways to respect your mind.

YOUR TURN
Journal Prompt this week:

Using the space below, create a daily schedule to help you stay on track and RESPECT YOURSELF. Try to break up your day by time, meals, or some other easy chunks of time!

How did you RESPECT yourself this morning? Do you have a routine you stick to or does an adult help you? **Write out your morning routine for school days and highlight the things you do without an adult.** Remember, RESPECT starts with you!

What is one RESPECTFUL thing you can say about yourself? Kind words show RESPECT as well. **Draw a picture of yourself and write a few positive, uplifting words around the portrait.** Positive words are part of self-respect!

How do you show self-respect towards yourself after school?
Maybe you play outside, play games, or just relax. **Write about your favorite after school activity below:**

How do you practice self-respect at night? Brushing your teeth, getting ready for bed, and getting enough sleep all help you RESPECT yourself. **Write about your night time routine below.**