

KINDNESS AT HOME™ JOURNAL

RESPECT • Week 2 • Ages 4-7

You are working hard on kind words and actions that show respect to others, but don't forget about YOU. How you treat yourself and what you say and think about yourself is called **self-respect**.

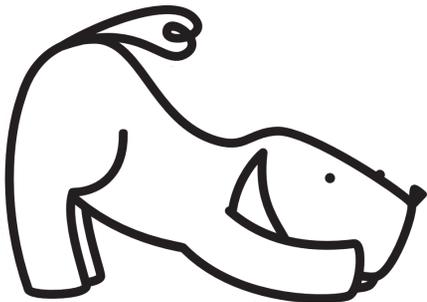
This is the first step in RESPECT.

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 washing your hands 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:

Draw one way you respect yourself through your actions:

How did you RESPECT yourself this morning? Draw or write about it below!

What is one RESPECTFUL thing you can say about yourself? Kind words show RESPECT as well. Write a few kind words that describe you below!

How do you respect yourself after school? Maybe you play outside, play games, or just relax.

Draw or write about your favorite after school activity below.

How do you respect yourself at night? Brushing your teeth, getting ready for bed, and getting enough sleep all help you RESPECT yourself.

Draw or Write about your night time routine below.