

## KINDNESS AT HOME™ JOURNAL

### RESPECT • Week 1 • Ages 8-12

The word RESPECT can mean a lot of different things. 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.



Each person in your home deserves RESPECT. Pick one person that you are working hard to respect more and draw or write about them. **How do you show that person RESPECT? What could you do to increase your respect for them?**

Every part of your room- all the things AND any people you share it with- deserve RESPECT. **Draw or write about your bedroom below. Include as many details as you can. What do you love about it? What would you change and why?**

What part of your home (inside or outside) is your favorite place?

**Draw a picture of your happy place at home.** Remember, this place needs to be RESPECTED as well.

**Who makes you smile the most at home?** This might be a parent, a brother or sister, or even a pet! **Draw or write about them below.** Start to think about how you can increase your respect towards them on a daily basis.