

## KINDNESS AT HOME™ JOURNAL

### CARING • Week 1 • Ages 13-Adult

We are expected to offer respect and kindness to ourselves, to others, to things, and to places. A large part of what makes us capable of showing respect to ourselves and to others is our ability to care. This word is not unfamiliar to you at this point in your life; you have been caring for yourself and for others for quite some time! Caring includes helping others, showing gratitude, and demonstrating empathy and compassion for others.

Remember:

**CARING is feeling and showing concern for others.**

Think about who and what you CARE for in your home:

- How do you care for yourself each day? Do you make yourself a priority?
- How do you care for others? Do you pay attention to their needs too?
- How do you show compassion and love in your home?

### YOUR TURN

Journal Prompt this week:

**How does your family define CARING? How is that similar or different to the RAK definition above?**

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