

KINDNESS AT HOME™ JOURNAL

CARING • Week 3 • Ages 8-12

Now that you have examined your self-care, how can you care for others with an equal level of kindness? Sometimes we may find it easier to care for people OUTSIDE our home, such as our teachers and our bosses. However, caring for others needs to start IN the home first. This week, look at how you treat those in your home. How do your actions demonstrate a caring attitude?


Remember, **Respect is treating people, places, and things with kindness.**

This week, try to choose caring words and actions. Kindness, pass it on!

YOUR TURN

Journal Prompt this week:

What is one way you care for the space in your home? **Draw or write about it below!**



How do you take care of others in your home? Think about your words AND actions. **Draw or write about it below.**

Who do you care for in your home? Sometimes we don't think about how we as kids are able to help older teens, or even adults. However, everyone is valuable in your family! You can help, even if you are younger!

What is one new way you can care for others in your home?

Explain it below!

Think about a time when you disagreed with someone in your home this week. How did you use caring words and actions to make up? **If you haven't yet, plan it out below!**