

Habit Pictionary

KINDNESS AT HOME™
INSPIRE • Week 2 • RESPECT

Lesson Timeframe

15-20 mins

Materials

- ❑ Paper/Whiteboard
- ❑ Pencil or Drawing Supplies
- ❑ Journal



Inspire

When we care for ourselves, we are naturally better able to care for others. Caring starts with one: YOU. How do you care for yourself through words and actions? Ignoring your own self-care leaves you depleted and drained. You cannot properly care for others without first caring for yourself. **Caring is feeling and showing concern for others.** This week, we will highlight how we care for OURSELVES. Our goal is to inspire each person in your home to examine HOW you care for yourself and areas that might be overlooked. Remember, you cannot care for others without first caring for yourself!



Discussion Starter

Guide your family in a game of “Self-Care Pictionary”. Starting with the older members, have everyone choose one current activity they do that focuses on self-care using the following prompt:

What is something you do to care for yourself?

This could be getting up early, spending time doing a hobby, or focusing on personal hygiene. Have the oldest person in the group draw their example of self-care as the rest of the group guesses. After 30 seconds (or a correct guess) the person will then explain WHY this activity is important to them and HOW it allows them to care for themselves. Repeat until everyone is able to draw.



Journal Prompt

It's very important to be aware of how you care for yourself in both words and actions as this helps you increase your care for others as well. Caring starts with one: YOU. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw a picture that shows someone caring for another person or animal.
- **DO:** What is something you love doing just for yourself? Do it! Ask a parent for help, if necessary.
- **WRITE:** What is an area of self-care you struggle with or forget or overlook? What can you do to change that?



Kindness Hack

It is just as important to care for ourselves through kind words and actions as it is to care for others. If you are ready to go the extra mile, try this:

- Develop a new positive habit of self-care and try it for this month; choose something you've never done or haven't done regularly but that you know would help you be your best. Ask a parent for ideas, if necessary.