

## KINDNESS AT HOME™ JOURNAL

### CARING • Week 4 • Ages 8-12

Caring goes beyond your own family. It also includes the space and community outside of your home. Look beyond your home and look at your neighborhood and community. What needs do they have? How we treat our community as a family says a great deal about how much we care. This doesn't have to be anything huge. Even little things such as picking up trash or helping a neighbor can make a big difference.

Remember, **Caring is feeling and showing concern for others.**

This week look outside your home to your community and find ways to care for others and the space around you. Make sure to include your own family in this conversation as well. Working together will increase the amount of kindness you can spread!

### YOUR TURN

Journal Prompt this week:

What areas in my local neighborhood or community need help?



How can we as a family care for our neighborhood using our skills? **Draw or write about it explaining what that would look like.**

How can one small caring act make a difference in a person's life?

Think back to a time when someone did something caring for your family (brought a meal, gave a ride, babysat, etc.). How did it feel to receive this? **Draw or write about it below.**

What is one way your family can care for another family without being face to face? **Draw or Write your idea below!**