

## KINDNESS AT HOME™ JOURNAL

### INCLUSIVENESS • Week 3 • Ages 8-12

This week we are going to talk about a really cool word: **equity**. It's pronounced "eh-qwi-tee". This word essentially means that everyone has just what they need to be happy and included. Isn't that cool? It doesn't mean that we all have the same but it means we all have what we need. And, when we all have what we need, we feel included and empowered to be our best.

Remember, **Inclusiveness is including others, inviting them in, and welcoming them with open arms.**

This week, try to notice if things are equitable in your house. Does everyone have what they need to be happy and included?

### YOUR TURN

Journal Prompt this week:

**Think about it: Investigate your house. If someone who was in a wheelchair or who couldn't see came to visit you, would they have challenges getting around? For example, do you have a lot of stairs or tripping hazards? What would you do to help them feel welcome in your home?**





