

KINDNESS AT HOME™ JOURNAL

INCLUSIVENESS • Week 4 • Ages 13-Adult

So far we have talked about what inclusiveness means (remember, it means **including others, inviting them in, and welcoming them with open arms!**) - And we have talked about fairness and equity. Let's wrap up this week by talking about how inclusiveness goes hand-in-hand with kindness!

It is *kind* to be inclusive!

YOUR TURN

Journal Prompt this week:

Look at the words **KIND** and **INCLUSIVE** in the space below. These represent who you are. Try to think of one thing you can do or say that begins with each letter in these words that represents either something kind or something inclusive. Example: “K” = Keep other people’s feelings in mind before speaking.

K	
I	
N	
D	
I	
N	
C	
L	
U	
S	
I	
V	
E	

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

In the space below, list all of the activities you could do as a family this week (even activities that might not be *your* first choice but that you know others enjoy); try to pick one to do together before the week is over.