

KINDNESS AT HOME™ JOURNAL

INCLUSIVENESS • Week 4 • Ages 8-12

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:

Write down 5 things you can do to make others feel included. From that list, highlight or underline the things that are also kind. (Hint: You might find that they are all kind!) Then, draw a picture of your favorite thing from that list.



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This image shows a single 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.

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My Family Likes To...	I Like To...