

## KINDNESS AT HOME™ JOURNAL

### INCLUSIVENESS • Week 3 • Ages 13-Adult

This week we are going to talk about a really cool word: **equity**. 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 neighborhood and the places you go often. Are they accommodating for everyone, or are there places where people might have challenges getting around if they couldn't walk, see, or hear? If you find areas that are not very inclusive of others, what would you do to help them feel welcome in your community?**

*\*Did you know that we have laws in America that help ensure places are accessible and accommodating for everyone? If not, consider doing some research on the Americans with Disabilities Act and other laws that help ensure everyone is thought of when building community spaces.*



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