

## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 3 • Ages 4-7

Perseverance is when you try your hardest in an honest and kind way. When we use perseverance we are also acting with integrity. Sometimes new things are hard to learn. You might need to try over and over again, and that's ok. Learning new things takes practice and even though we might want to hurry up and learn it, practice makes perfect!

Remember: **INTEGRITY** means acting in a way you know to be right and kind in all situations.

This week we will practice using perseverance and integrity to solve problems!



### YOUR TURN

Journal Prompt this week:

What do you want to be when you grow up?

*Draw a picture of yourself reaching this goal!*



Think about a skill you have- how did you learn it?

*Draw the steps below!*

What is something new you want to learn how to do?

*Draw HOW to learn it below.*

Learning how to read takes perseverance. What type of practice do you do to get better each day?

*Draw a picture to show yourself practicing!*

Think about a time you rushed through a chore. What happened? How did your parents feel?

*Draw a picture below.*