

## KINDNESS AT HOME™ JOURNAL

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

Being responsible can also require us to learn new skills, especially when new responsibilities are assigned.. Learning something new takes time, practice, and self-discipline. This can be even harder when what you are learning feels boring or uninteresting. However, when you practice self-discipline and master a new task, you are increasing your responsibility at home, which in turn shows kindness to everyone you live with.

Remember:

**Responsibility is being reliable to do the things that are expected or required of you.**

### YOUR TURN

Journal Prompt this week:

What new skill have you recently learned that has allowed you to help out more at home?

**Draw or write about it below.**



What chore do you wish you could have at home but are not ready for quite yet? (Examples- mowing the lawn, cooking dinner, walking the dog, babysitting etc.) **Write or draw it below.**

Think back to your “dream chore” from yesterday. What skills do you need to have so that you can take on this chore? Examples include- reading, following directions, safety skills, etc. **Make a list below of 3-5 skills you need before you are ready for this new responsibility.**

Think back to when you were younger. What chore did you struggle with that now seems easy? What changed to make it easier? **Draw or write about how you were before and how you are now.**

How can you make your least favorite chore or responsibility just a little more enjoyable? **List 2-3 ideas below.**