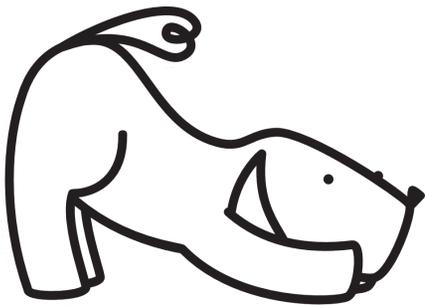


## KINDNESS AT HOME™ JOURNAL

### RESPONSIBILITY • Week 1 • Ages 4-7

Even when we are young, we are an important part of the family. We have things we must do each day to help out. This is called responsibility. Responsibility is being reliable to do the things that are expected or required of you. In a family, these tasks are often around things that make your household run smoothly. Things like cleaning up after yourself, taking care of pets, and helping out without being asked. When each person is responsible, there is more trust in your family. You can count on others and others can count on you!

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



### YOUR TURN

Journal Prompt this week:

What are you responsible for at home?

*Draw 3 of your responsibilities below.*

A large empty rectangular box with an orange border, intended for drawing. The box is positioned on the right side of the page, below the text prompt.

What are you responsible for when it comes to others?  
Do you help with your brothers or sisters? Pets?

*Write or draw an example below.*

What responsibilities do you have with school? This can be both in  
your classroom and after school ends.

*Write or draw an example below.*

Which chore do you dislike the most? Why? How can you do this chore with kindness and love instead?

*Draw yourself doing this chore with kindness!*

How do you know when a chore is done? Choose one chore you do daily and draw the steps you must complete in order to know it is done.