

## KINDNESS AT HOME™ JOURNAL

### RESPONSIBILITY • Week 1 • Ages 8-12

As we get older, we are expected to do more. We have more tasks at home, at school, even in our community. People rely on you to follow through and finish assignments, chores, etc. This falls under the heading of 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 to do what is needed and required.

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? Write or draw a list of 3-5 responsibilities below.



What are you responsible for when it comes to others? Do you help with your brothers or sisters? Neighbors? Other families? **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.**

What responsibilities do you struggle with? Which ones are the hardest for you to complete? **Draw or write about 1-2 below.**

How do you know when a chore is done? Are there steps you have in your mind that tell you? Or a checklist you can look back on? **Choose one chore you do daily and list the steps you must complete in order to know it is done.**