

## KINDNESS AT HOME™ JOURNAL

### RESPONSIBILITY • Week 2 • Ages 8-12

Sometimes responsibility can cause us to simply think about all the work we have to do. However, being responsible for yourself and your actions is an act of kindness in your home. Your family can count on you to do what is needed and expected. Living together and running a household does take work. But it does not and should not fall just to one person. We must work together as a team to help share responsibility.

Remember:

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

Look back to last week and reflect on your personal responsibilities at home. Think about how they are an act of kindness and how they help others on a daily basis.

### YOUR TURN

Journal Prompt this week:

What is the most important responsibility you have at home? Why is it so important?

**Write or draw about it below.**



Think back to yesterday and your most important daily responsibility. What would happen if you decided not to do it?  
**Write or draw what might happen below.**

Which household chore is your favorite and why? Chores aren't always fun, but our skills can make some of them preferred or easier. **Take some time to think about this and identify a chore that falls under this category.**

How do you remember which responsibilities to do each day? Do you have a schedule? **If so, write it below. If not, make one up and write it out below.**

What does your nighttime routine look like? What responsibilities must you complete before you can go to bed? **Write or draw them below.**