

KINDNESS AT HOME™ JOURNAL

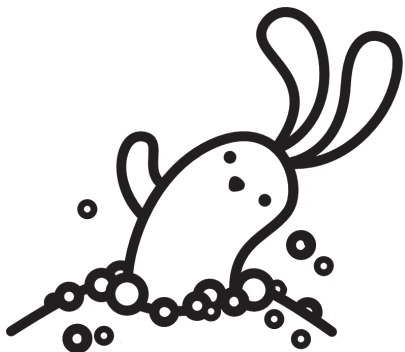
COURAGE • Week 1 • Ages 4-7

We connect courage with being brave and standing up for things. However, when you are open with others and allow them to see the real you (vulnerability) and when you encourage others and share credit (humility), you show great courage.

Remember: **COURAGE** means being brave when facing new or difficult circumstances.

Think about how you talk to others throughout your day:

- Do you share your words, or do you stay quiet?
- Do you encourage others or do you like to be the star?



YOUR TURN

Journal Prompt this week:

Think about a good friend you have.

Draw a picture of the two of you talking!



How do you feel when you meet new people? How do you introduce yourself?

Draw a picture of how you introduce yourself!

Think about a time during the past week when you were scared to share something about yourself.

Draw a picture of something you are proud of below.

How do you feel about speaking in front of people?
Do presentations at school make you nervous or excited?

Draw yourself giving a presentation below.

How do you feel when new people ask about you? Is it easy or hard for you to share about yourself?

Draw or write about it below.