

## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 2 • Ages 8-12

When we think of courage, we often think of strength or giant accomplishments beyond our reach. However, we use courage daily within our homes as well. Sometimes what we are asked to do or what happens within our family requires courage and bravery on a smaller scale. We might be faced with a move or a family member leaving home. Courage allows us to be brave, even when new or difficult things occur.

Remember:

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

This week we will examine what courage looks like within our family and how we have worked together to stand tall and brave, even when things were scary or uncertain.

### YOUR TURN

Journal Prompt this week:

Think back to a time in your life when your family had to overcome a struggle. What was the problem and how did you work together to make it through? **Draw or write about it below.**



What little acts of courage do you perform on a daily basis?

What do you do in the face of fear? How do you use courage to work through it?

How can you help others have courage in your home?

Who do you look up to? How are they courageous in their own way?