

KINDNESS AT HOME™ JOURNAL

COURAGE • Week 4 • Ages 8-12

The biggest form of courage is KINDNESS. It takes courage to be kind at all times, even when others are not. We can choose kind words and actions in the face of bullies. When others choose hate, we can use courage to respond in kindness. Your kind words and actions might just have a positive effect on them. Kindness is contagious!

Remember:

COURAGE means being brave when facing new or difficult circumstances.

This week we will practice doing random acts of kindness in a bunch of locations!

A random act of kindness (also called a RAK) is a selfless act performed for others for no other benefit than to spread kindness to the recipient!

YOUR TURN

Journal Prompt this week:

What is a random act of kindness you can do for an adult in your home? **Draw or write about your idea below!**



What random act of kindness can you do for a friend?

Draw or write about your idea below!

What random act of kindness can you do at the park or playground?

Draw or write about your idea below!

What random act of kindness can you do for your teacher?

Draw or write about your idea below!

What random act of kindness can you do in a public space so someone you've never met can find it? (example- chalk art, smiley notes, etc.)