

## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 2 • Ages 13-Adult

When we think of courage, we tend to think of very large feats of strength or giant endeavors 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 job change. 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?**

[illegible][illegible]

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

[illegible]