

KINDNESS AT HOME™ JOURNAL

COURAGE • Week 4 • Ages 13-Adult

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 variety of settings.

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?



[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Write about your idea below!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.