

## KINDNESS AT HOME™ JOURNAL

### CARING • Week 2 • Ages 8-12

We don't always think about how we care for ourselves outside of things our parents and other adults ask us to do. How you care for yourself includes the choices you make and the words you say. Only YOU can control how you care for yourself. When you don't think about yourself, it's harder to care for others and the space around you.

Remember, **Caring is feeling and showing concern for others.**

This week, we will highlight how we care for OURSELVES. The goal is to examine HOW you care for yourself by your choices and words.

### YOUR TURN

Journal Prompt this week:

What is something you love doing, just for yourself? Do it! Ask a parent for help, if necessary. **Draw or write about it below!**



How do you care for yourself when you feel sad? Remember,  
SELF-CARE matters!

How do you care for yourself physically each day? How do you  
keep your body healthy?

What's something new you can add after school to care for your mood before dinner time?

How do you end your day? How can you increase the time you spend getting ready for tomorrow?