

# KINDNESS AT HOME

*This month's focus: **INCLUSIVENESS***



## FILLING OUR **HOME** WITH **INCLUSIVENESS**

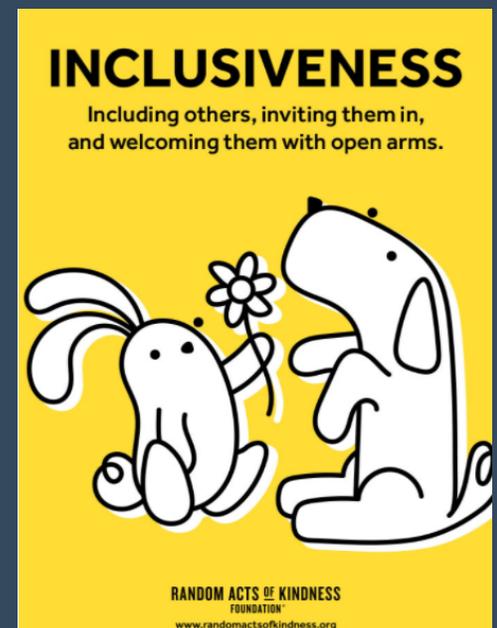
According to the Random Acts of Kindness Foundation, **INCLUSIVENESS** means including others, inviting them in, and welcoming them with open arms. This month, we are going to focus on being more inclusive in our families. Maybe it seems a silly thing to think about (of course we include our family!), but sometimes we take those closest to us for granted. We are not as intentional as we should be about inviting them into our lives, or welcoming them with all of their wonderful, unique qualities.

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# Showing Inclusiveness

This month we are talking about **inclusiveness** and what that means for us at home and in our families.

The first thing to discuss as a family is the definition of **inclusiveness**. What does it mean to to be inclusive and how does it feel when you are included?

Next, talk about how you include each other in things that you do as a family. What are some things you do to show inclusiveness?

- Invite people in your household to do things with you - play a game, watch a show together, take a walk, prepare a meal.
- Share something you are working on with someone else and ask them for their opinion or advice.
- If you are going somewhere that you know a family member would also enjoy, invite them along.
- If a family member shares important news with you, be there for them without judgement.

How else can you be intentional about including people in your family in the things you are doing or are interested in? How can they better include you?



# Talking about Inclusiveness

## Discussions & Journals

Because it is important that you talk openly about **inclusiveness** -- what it means to you, what it means for your family, and how you actively work to include each other -- you will receive weekly discussion and journal prompts to help start these conversations. This is a great way to think more about inclusiveness and how to practice it. Get started this week with the following prompts:

**Discussion:** Have everyone take turns saying one thing that makes them feel included in their family.

**Journal (older):** How does your family define inclusiveness? How does it compare to the RAK definition?

**Journal (younger):** Draw a circle. *Inside the circle*, write down or draw pictures of all the things that represent inclusiveness. Example: The word "Welcome!" *Outside the circle*, write down or draw pictures of things that are the opposite of inclusiveness. Example: The words "Not welcome."

"I believe in a passion for inclusion."

~Lady Gaga

# Inclusiveness

Here are some things you can do this month to practice inclusiveness.

What else can you and your family do?

What Random Acts of **Inclusiveness** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Write down all the things you like to do as a family and pick one thing to do together.			Ask someone in your household to do something with you, just for fun.		
Call another family member to check in on them or invite them to do something with you.		Tell someone in your family why you are glad they are part of your family/household.			Ask someone if your family if you can join them in a task or activity. It's ok to ask to be included!	
	Leave a special note or message for someone in your family complimenting their unique qualities.		Take a family walk.			Make a meal together.
		Play a family game.		Go around the table and say one thing that makes each person an important member of the family.		
Watch a movie together.						

