

KINDNESS AT HOME™ JOURNAL

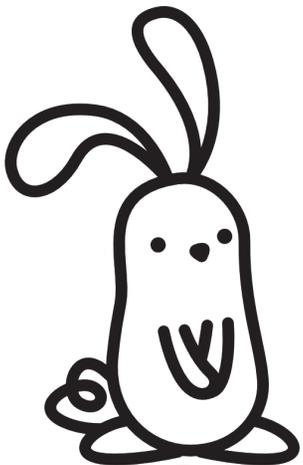
COURAGE • Week 4 • Ages 4-7

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. When others are mean or unkind, we do not have to respond the same way. Have courage to be kind. 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 different places!

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 your idea below!

A large empty rectangular box with an orange border, intended for drawing. The box is positioned on the right side of the page, below the journal prompt.

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

Draw your idea below!

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

Draw your idea below!

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

Draw 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.)