

## KINDNESS AT HOME™ JOURNAL

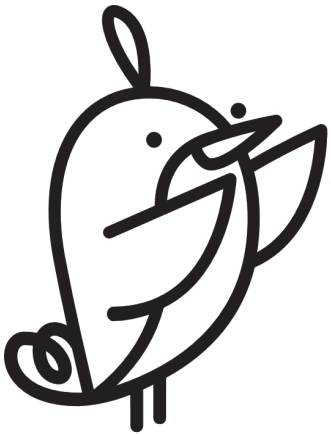
### RESPECT • Week 4 • Ages 4-7

You have looked at how you treat yourself AND how you treat others. You have even worked on being more respectful in what you say and do. Now it's time to catch others as they show respect!

Being kind and “catching” people in your home as they are respectful can help your family too!

Remember, **Respect is treating people, places, and things with kindness.**

This week, try to catch each person in your home being respectful at least once. When you notice the GOOD, everyone feels happy.



### YOUR TURN

Journal Prompt this week:

What will you say when you ‘catch’ someone being respectful this week?

*Draw a picture of what that might look like.*



Today, look for RESPECT in the morning, before school. Who did you 'catch' today and how were they showing respect for themselves or others?

*Draw what they did below!*

Today, look for RESPECT after school. Who did you 'catch' today and how were they showing respect?

*Draw a picture below!*

Today, look for RESPECT during the night time, after dinner or before bed. Who showed self-respect as they ended their day? Let them know!

*Draw a picture after you tell them.*

Look back today- how did an adult show RESPECT today? It might be to another adult, to a child, or even towards themselves.

*Let them know and draw what you saw!*