

## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 1 • Ages 8-12

We connect courage with bravery and standing up for things. However, when you are open with others and allow them to see the real you (vulnerability) and when you encourage others and share credit (humility), you show great courage.

Remember:

**COURAGE means being brave when facing new or difficult circumstances.**

Think about how you talk to others throughout your day:

- Are you open, or do you keep your thoughts to yourself?
- Do you encourage others or are you highly competitive?

### YOUR TURN

Journal Prompt this week:

Think about a good friend you have. How comfortable are you with telling them things about yourself? How could you be more open?



How do you feel when you meet new people? How do you introduce yourself? **Draw or write about it below.**

Think about a time during the past week when you were scared to share something about yourself. Were you able to speak up? Or did you choose not to? **Draw or write about it below.**

How do you feel about speaking in front of people?  
Do presentations at school make you nervous or excited?

**Draw yourself giving a presentation below.**

How do you feel when new people ask about you? Is it easy or hard for you to share about yourself?

**Draw or write about it below.**