

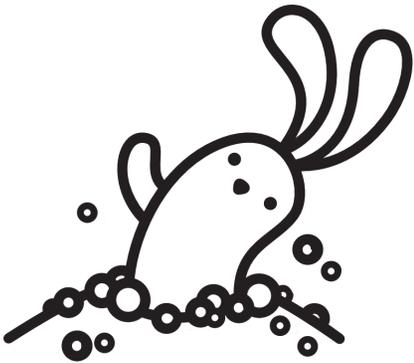
## KINDNESS AT HOME™ JOURNAL

### CARING • Week 2 • Ages 4-7

Caring starts with YOU. How do you care for yourself? Brushing your teeth, changing your clothes, and getting enough sleep are all ways to care for you. YOU MATTER and even though it's important to care for others, you need to care for yourself first!

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

This week, we will highlight how we care for OURSELVES. Think about how you take care of yourself with your actions and words!



### YOUR TURN

Journal Prompt this week:

What is your favorite thing to do ALONE?

*Draw or write about it below!*

A large empty rectangular box with an orange border, intended for drawing or writing.

What makes you smile when you feel sad?

*Draw or write about it below!*

Remember, SELF-CARE matters!

What do you do outside to stay healthy? What games do you like to play?

How do you feel after school ends? What can you do to feel better if you are sad or upset?

How do you end your day? What is one thing you can do to get ready for tomorrow?