

KINDNESS AT HOME™ JOURNAL

RESPECT • Week 1 • Ages 4-7

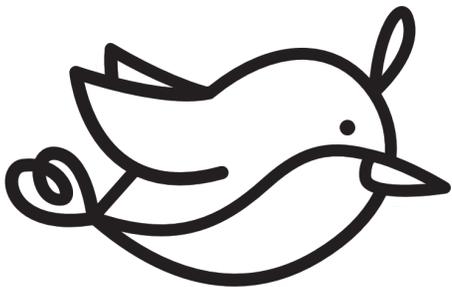
The word RESPECT can mean a lot of different things. Here, we are going to focus on treating people, places, and things with kindness. When we do this, we show respect. Every family needs respect, whether you are a 2 person family or a family of 12!

How we treat ourselves, the people we live with, and the home we live in, says a lot about who we are. This week, we will be focusing on HOW we can show respect.

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

Think about who and what needs RESPECT in your home:

- How do you respect yourself each day?
- How do you respect other kids?
Or adults?
- How do you respect your home?



YOUR TURN

Journal Prompt this week:

When we can identify the people, places, and things in our home, it makes it easier to focus on them as we learn more about RESPECT.

Draw a picture of your home and who lives in it with you.



Look back at your picture: Who are the people in your home?
How do you know them? Each person in your home deserves
RESPECT.

*Draw a picture of the people below, use more details
and write their name below each person.*

Every part of your room- all the things AND any people you share
it with- deserve RESPECT.

*Draw a picture of your bedroom. Include as many
details as you can.*

What part of your home (inside or outside) is your favorite place?

Draw a picture of your happy place at home.

Remember, this place needs to be RESPECTED as well.

Who makes you smile the most at home? This might be a parent, a brother or sister, or even a pet! *Draw a picture of them below.* Start to think about how they need RESPECT as well.