

## KINDNESS AT HOME™ JOURNAL

### RESPECT • Week 4 • Ages 8-12

On your own you have examined both how you treat yourself and how you treat others. You have worked towards increasing your respectful words and actions. Now it's time to put everything together as you 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 encouraged!

### YOUR TURN

Journal Prompt this week:

**How will you let someone know that you ‘caught’ them being respectful this week?  
Draw a picture or write about what that might look like.**



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This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.