

## KINDNESS AT HOME™ JOURNAL

### INCLUSIVENESS • Week 2 • Ages 13-Adult

Great job working hard to include others! Remember what it means to be inclusive? It means **including others, inviting them in, and welcoming them with open arms!**

Sometimes this can be hard, though - especially if you are tired, nervous, or feel like things aren't quite fair. Have you ever been in a situation where things didn't feel fair?

Let's think about the word **fair** for a minute. What comes to mind? You might think fair means:

- Everyone gets the same things or experiences
- Things are divided equally or are the same size
- The same amount of time is spent on a person or activity

### YOUR TURN

Journal Prompt this week:

**Write down one family rule you have in your house. Discuss whether or not you think it is fair or not fair and for whom and why. (If you are the parent or guardian who made the rule, consider if you've ever explained why you have this rule and your justification for why it is a fair rule.)**





