

KINDNESS AT HOME™ JOURNAL

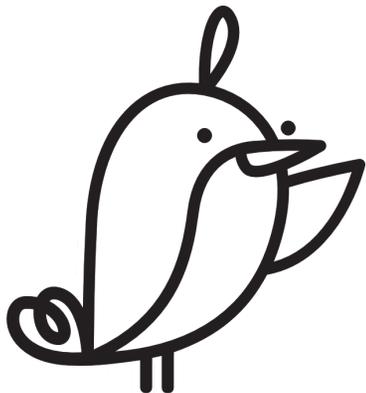
INCLUSIVENESS • Week 2 • Ages 4-7

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:

Draw a picture that represents fairness to you. If you can, write a few sentences to explain what your picture means or just explain it to another member of your family.



Let's say there are 3 of you but only ONE piece of apple pie. You all want dessert! How will you make this fair? *Draw a picture*

of what you would do or write about it.

How do you know that your solution is a fair one for everyone?

Because you are included as part of a family, it is fair and kind to help out at home. What are some chores you can do at home to help out?

Draw a picture of the kinds of chores you do or could do, or write about it.

In the space beside each situation, *draw a smiley face for every situation that feels fair and a frowny face for each situation that feels unfair.*

<p>You have to go to bed at 7:30pm but your older sibling gets to stay up until 8.</p>	
<p>There is one cookie left and both you and your mom want it. She carefully cuts it into two equal halves and you each get one.</p>	
<p>Your older brother has to do dishes after dinner every night but you never have to. You can just play in your room.</p>	

Sharing is a great way to make things more fair. *Draw or write about something you could share with another member of your family this week.*

