

KINDNESS AT HOME™ JOURNAL

CARING • Week 3 • Ages 4-7

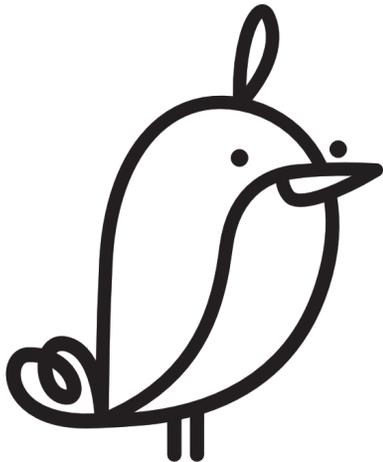
It may feel easier to care for people OUTSIDE our home, such as our teachers and friends. However, we need to start by caring for the people we live with!

How do you treat the people in your home? Do you choose caring words and actions? What about when you are upset or angry? Are you able to calm down and take space?

Even when we don't agree, we can still choose caring actions and words.

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

This week, try to choose caring words and actions. Kindness, pass it on!



YOUR TURN

Journal Prompt this week:

What is one way you care for others in your home?

Draw a picture below!

What does your personal space (room, bed) look like? How do you take care of it?

Draw a picture below.

How can you use your words and actions to care for someone that gets their feelings hurt at home?

Draw a picture of the two of you!

What is one new way you can care for others in your home?

Draw a picture of it below!

Think about a time when you disagreed with someone in your home this week. How did you use caring words and actions to make up? If you haven't yet, plan it out below!