

KINDNESS AT HOME™ JOURNAL

INCLUSIVENESS • Week 1 • Ages 8-12

Inclusiveness sounds like a big word, doesn't it? Let's look at the word a bit closer. What two letters does inclusiveness start with? Yes! It starts with "in" - in! When you are "in" something, you belong - you are "in" a class, "in" a club, "in" a group, "in" a building. You belong with those people and in that space, and they belong there, too. That is what inclusiveness is: it is **including others, inviting them in, and welcoming them with open arms.** This also means we work hard to make sure everyone has a spot - has what they need to be happy, healthy, and to belong.

Remember: **Inclusiveness is including others, inviting them in, and welcoming them with open arms.**

Think about who is included in your family. What makes each family member a special part of your unique group?

YOUR TURN

Journal Prompt this week:

Interview everyone in your family. Ask them about their favorite things: food, color, hobby, song, snack, movie, etc. Write down their answers or have someone help you. From this list, how are people's preferences different and how are they the same? How can we make others feel included, even when they are different from us?

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.

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Family Tree - Think about all the people in your family (even those who do not live with you - they might be grandparents, cousins, aunts, uncles, godparents, step parents, step-siblings, pets!) - **Draw a tree and write their names as branches off of the tree trunk (get a parent, guardian, or older sibling to help).** See how you are all connected and included in the same family tree? Cool, huh!

Think about a new activity you could do as a family that everyone would enjoy. **Draw it out or write about it and then ask your parent or guardian if you can do this new activity all together as a family. Explain how this might make everyone feel loved and included.**
