

KINDNESS AT HOME™ JOURNAL

RESPECT • Week 3 • Ages 13-Adult

Sometimes we may find it easier to show respect to people OUTSIDE our home, such as our teachers and our bosses. However, respect needs to start IN the home first. This week, look at how you treat those in your home. Is there a person that you find more difficult to get along with? Perhaps your personalities are different or you prefer quiet while they enjoy talking. Even when we don't see eye to eye, we can still be respectful.

Remember, **Respect is treating people, places, and things with kindness.**

This week, aim to treat everyone in your home with respect, even those with whom you do not intentionally spend time.

YOUR TURN

Journal Prompt this week:

What is one way you feel respected in your home?



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

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, and the paper is otherwise completely blank.

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

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