

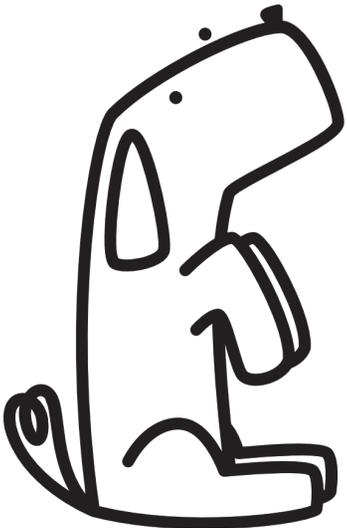
KINDNESS AT HOME™ JOURNAL

INCLUSIVENESS • Week 3 • Ages 4-7

This week we are going to talk about a really cool word: **equity**. It's pronounced "eh-qwi-tee". This word essentially means that everyone has just what they need to be happy and included. Isn't that cool? It doesn't mean that we all have the same but it means we all have what we need. And, when we all have what we need, we feel included and empowered to be our best.

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

This week, try to notice if things are equitable in your house. Does everyone have what they need to be happy and included?



YOUR TURN

Journal Prompt this week:

What is one thing you have that makes you feel special or happy?

A large empty rectangular box with an orange border, intended for writing a journal entry. The box is positioned on the right side of the page, below the journal prompt.

What is something you need each day to be your best?

Write about it or draw it out.

What is something that your parent or guardian needs each day to be their best? If you aren't sure, ask them! How is your something and their something different or the same?

Go exploring in your closet! Are there things in there that you no longer need or use? Could you donate those things to other people who need them or who would enjoy them? Talk with your parents about donating items to your local Goodwill or Salvation Army. How does donating things show inclusiveness?

Think about the following list; are these things that people typically want or need? Write or draw a picture of each item in the correct column. To help you, think about what the difference is between a “want” and a “need”? You can ask an adult to help you decide. How can we help ensure everyone has what they need to be happy and successful?

	WANT	NEED
<input type="checkbox"/> Food		
<input type="checkbox"/> Water		
<input type="checkbox"/> Toys		
<input type="checkbox"/> Video Games		
<input type="checkbox"/> School		
<input type="checkbox"/> Candy		
<input type="checkbox"/> Family		
<input type="checkbox"/> Clothes		
<input type="checkbox"/> Clean air		
<input type="checkbox"/> Friends		