

KINDNESS AT HOME™ JOURNAL

INCLUSIVENESS • Week 4 • Ages 13-Adult

So far we have talked about what inclusiveness means (remember, it means **including others, inviting them in, and welcoming them with open arms!**) - And we have talked about fairness and equity. Let's wrap up this week by talking about how inclusiveness goes hand-in-hand with kindness!

It is *kind* to be inclusive!

YOUR TURN

Journal Prompt this week:

Look at the words KIND and INCLUSIVE in the space below. These represent who you are. Try to think of one thing you can do or say that begins with each letter in these words that represents either something kind or something inclusive. Example: "K" = Keep other people's feelings in mind before speaking.

K	_____
I	_____
N	_____
D	_____
I	_____
N	_____
C	_____
L	_____
U	_____
S	_____
I	_____
V	_____
E	_____

