

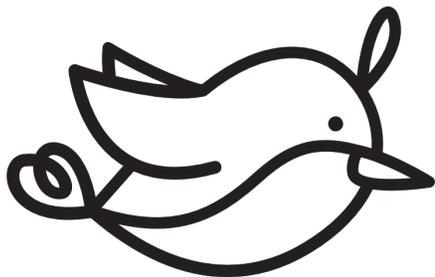
## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 4 • Ages 4-7

Being honest and kind is not always easy. Sometimes it is tricky, especially when others around you are not choosing honesty. It can be tempting to simply go with the crowd and allow dishonest things to happen. One example is skipping or rushing through chores. It might not feel important, but it is needed and you are a valuable team member in your household and classroom.

Remember: **INTEGRITY** means acting in a way you know to be right and kind in all situations.

This week we will practice using integrity to speak up and act in a way you know to be right and kind in each situation!



### YOUR TURN

Journal Prompt this week:

What is your favorite chore at home? Why do you like it? How does it help your family?

*Draw a picture of yourself doing it below.*

A large empty rectangular box with an orange border, intended for drawing. The box is positioned on the right side of the page, below the journal prompt. It is a simple, clean rectangle with a consistent orange outline, providing a designated space for the student to illustrate their response to the journal prompt.

What is your favorite way to help out your friends?

*Draw a picture of it below!*

What is your least favorite chore? Why? How is that chore important to the health of your family?

How do you help out at school? How does this affect your teacher and other students? What might happen if you didn't do your job?

List all the ways you help out at home. Now go back and read through this list. Your integrity and perseverance are very valuable! Thank you for your help!