

KINDNESS AT HOME™ JOURNAL

CARING • Week 4 • Ages 13-Adult

Caring doesn't just encompass those that you live with. It also includes the space and community outside of your home. Look beyond your home and examine what your community needs are. How we treat and interact with our community as a family says a great deal about how much we care. This doesn't have to be anything major or costly. Even little things such as cleaning litter or helping a neighbor can make a big difference.

Remember, **Caring is feeling and showing concern for others.**

This week look outside your home to your community and find ways to care for others and the space around you. Make sure to include your own family in this conversation as well. Working together will increase the amount of kindness you can spread!

YOUR TURN

Journal Prompt this week:

What immediate needs do I see in our local neighborhood, community, etc.?



