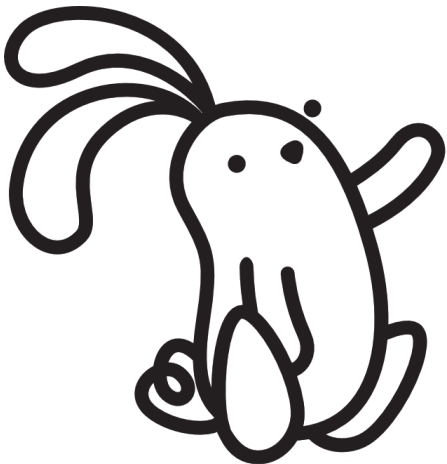


## KINDNESS AT HOME™ JOURNAL

### INCLUSIVENESS • Week 4 • Ages 4-7

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:

*Write down 3 kind things you can do to make others feel included (you can ask an adult for help). Then, draw a picture of your favorite thing from that list. See how kind it is to include others?*

A large, empty rectangular box with a thin orange border, intended for a child to draw a picture of their favorite thing from the list they wrote.

Think of one person who lives with you. What is one kind thing you can do or say to that person today to make them feel special and included? *Write it down and then go say it to them!*

How can you use your kind words to make someone feel included? What are some things you can say? Example: "Sure, you can join us!"

*Now you try!*

*Fill in the following blank spaces (have a sibling or grown up help you):*

I am kind when I \_\_\_\_\_.

I include others when I \_\_\_\_\_.

It feels \_\_\_\_\_ to be kind and inclusive.

Today I will show kindness by \_\_\_\_\_.

Today I will show inclusiveness by \_\_\_\_\_.

Think about one kind thing you can do this week as a family.

*Draw a picture of you and your family doing this kind thing and write down how it makes you feel.*