

KINDNESS AT HOME™ JOURNAL

CARING • Week 1 • Ages 4-7

We have already learned how respecting ourselves, others, and our home has helped us to feel safe and show kindness daily. Caring actually builds on this. When we are caring, our actions show kindness and others feel happy around us.

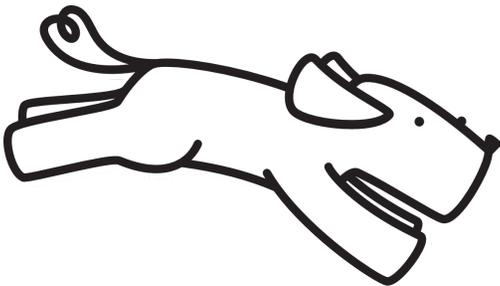
CARING builds off of RESPECT. When we respect ourselves and others, we choose caring words and actions to show kindness. Caring includes helping others, showing gratitude, and compassion for others' feelings.

Remember:

CARING is feeling and showing concern for others.

Think about who and what you CARE for in your home:

- How do you care for yourself each day?
- How do you care for other kids? Or adults?
- How do you show compassion and love in your home?



YOUR TURN

Journal Prompt this week:

What does it mean to care for someone or something?

Draw a picture of one person or thing you care about 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 text prompt.

How do others care for you?

*Draw a picture below showing one example of someone
CARING for you.*

How does your family care for each other during times when someone is upset?

Draw a picture or write about one example below.

How do you help out in your home?

Draw a picture of one way you are able to help out.

How do you care for the things in your home? Remember, when we do not care for things, they fall apart, get dirty, or just stop working.

Draw a picture of how you care for something in your home.