

KINDNESS AT HOME™ JOURNAL

RESPONSIBILITY • Week 4 • Ages 8-12

When you look at the word responsibility, you'll see that another word is hidden inside it: response. When we think about what our responsibilities are, we are thinking about what our responses should be. Sometimes it is our responsibility to step up and be a good example; we should respond by helping or doing or speaking up. Sometimes it's our responsibility to step back and get a trusted adult to help us (which also sets a good example); we should respond by letting someone else do the helping or doing or speaking up. Response and responsibility go hand-in-hand. Your response can help influence others to make good choices as well!

Remember:

Responsibility is being reliable to do the things that are expected or required of you.

YOUR TURN

Journal Prompt this week:

You might feel like your parents have influence over you and you do not have any influence over them, but that isn't true. How might you positively influence your friends and family?



How can you influence younger family members or neighbors so they respond positively too? **Draw or write an example below.**

Think about a time when you did not respond kindly when asked to complete a new chore or task. How could you change your response? **Draw a before and after picture below.**

Brainstorm 2-3 situations that require you to respond by getting an adult. How does this show responsibility? **Write about one situation below and explain how your response demonstrates responsibility.**

What might happen if your responses are negative? How might this influence others around you? **Write or draw about it below.**