

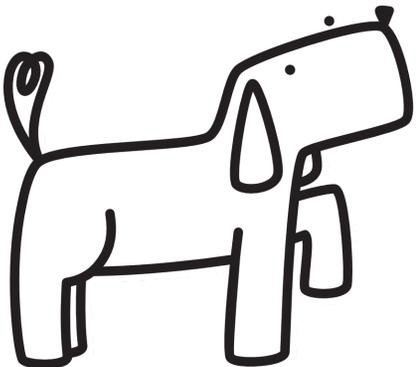
## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 3 • Ages 4-7

Courage happens every day in our own communities. Everyday heroes are community helpers in our city or town that provide care and help as part of their job. Firefighters, police officers, and teachers are just a few examples of everyday heroes. However, we can also fit into this category. Your ability to stand up and speak out makes you an everyday hero as well.

Remember: **COURAGE** means being brave when facing new or difficult circumstances.

This week we will examine how we use courage on a daily basis, in both small scale and large scale settings.



### YOUR TURN

Journal Prompt this week:

When you think of “courage,” what do you see?

*Draw or write it below.*

What little acts of courage do you do at school?

What do you do when someone you know is being bullied?

*Draw a picture of what you would say!*

How can you help your friends have courage?

*Draw your idea below!*

How can you use courage on the playground or at the park?

*Draw your idea below.*