

# KINDNESS AT HOME

*This month's focus: **RESPONSIBILITY***



## FILLING OUR **HOME** WITH **RESPONSIBILITY**

According to the Random Acts of Kindness Foundation, **RESPONSIBILITY** means being reliable to do the things that are expected or required of you. This month, we are going to focus on having more responsibility in our families. There are many things we are responsible for; sometimes we are responsible for big things and sometimes we are responsible for small things. In *all* things, though, do people find us reliable? Will we do what we say we will do? Do we expect enough from ourselves and from others? Do we expect too much? We'll talk about this and more during this month of responsibility.

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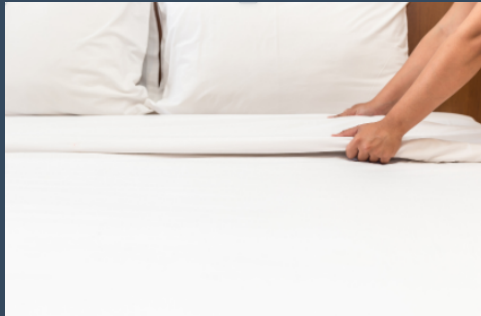


# Showing Responsibility

This month we are talking about **responsibility** and what that means for us at home and in our families.

The first thing to discuss as a family is the definition of **responsibility**. What does responsibility mean to you?

Below are some images of typical household responsibilities. Can you name them? Who in your family might be responsible for these things? What would happen if these things didn't get done?



What else are you responsible for at home?

# Talking about Responsibility

## Discussions & Journals

Because it is important that you talk openly about **responsibility** - what it means to you, what it means for your family, and how you actively work to be responsible - you will receive weekly discussion and journal prompts to help start these conversations. This is a great way to think more about responsibility and how to practice it. Get started this week with the following questions:

**Discussion:** What are the different things each person in your family is responsible for? Who has the most responsibility and why? Who has the least?

**Level up:** Think back to our lesson on inclusiveness. Remember the definition of *equity*? Is the division of responsibility *equitable* in your family? Meaning, does everyone have the right amount of responsibility to be successful? Why or why not?

**Journal (older):** How does your family define responsibility? How does it compare to the RAK definition?

**Journal (younger):** Draw a picture of you doing something you are responsible for. Next, draw a picture of what would happen if you *didn't* do what you were responsible for. Compare and contrast those two pictures.

**"Action springs not from thought, but from a readiness for responsibility."**

~G.M. Trevelyan

# Responsibility

Here are some things you can do this month to practice responsibility.  
What else can you and your family do?

What Random Acts of **Responsibility** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	List out what you are responsible for and when you will take care of those things so you don't forget.			Offer to help someone else at home fulfill their responsibilities.		
As a family, talk about the qualities of a responsible person. Who in your family has these qualities?		Tell someone who shows great responsibility how much you appreciate them.			If you forgot to do something this week that you were responsible for, apologize and take care of it right away!	
	What is a new responsibility you could take on this week to help out at home?		Celebrate yourself after completing something you're responsible for!			Teach someone in your home a new skill so they can be prepared for future responsibilities.
		Talk about the responsibilities you have outside your home. Why do you have those responsibilities?		Go around the table and say one act of responsibility you saw that day.		
Talk about ways you can show others that you are reliable.						



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