

KINDNESS AT HOME™ JOURNAL

CARING • Week 1 • Ages 8-12

We are expected to offer respect and kindness to ourselves, to others, to things, and to places. A large part of what makes us capable of showing respect to ourselves and to others is our ability to care. Caring is defined as feeling and showing concern for others. Today, we'll talk about how we care - or show feeling and concern - for ourselves and for others.

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:

How does your family define CARING? How is that similar or different to the RAK definition above?



How do others care for you? Take some time to really think about this- create a list below of all the ways others in your home care for you.

How does your family care for each other during times when someone is upset? Write about a time when someone in your family was very upset and others cared for them.

How do you help out in your home? Think about your contribution to the home both inside and out. How do you CARE for your space?

How do you care for important things in your home? What do you do to keep them safe, working, and in good order? **Draw a picture of one important item you have and write about what you do to care for it.**