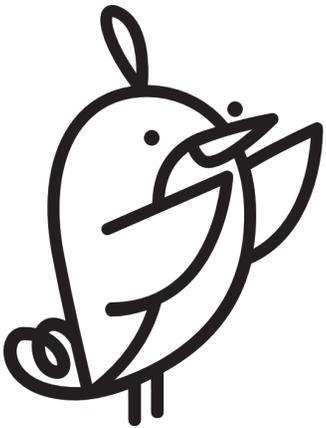


## KINDNESS AT HOME™ JOURNAL

### RESPONSIBILITY • Week 3 • Ages 4-7

As we get older, we learn new skills. Learning something new takes time, practice, and self-discipline. This can be even harder when what you are learning feels boring or uninteresting. However, when you practice self-discipline and master a new task, you are increasing your responsibility at home, which in turn shows kindness to everyone you live with.

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



### YOUR TURN

Journal Prompt this week:

What new skill have you recently learned that has allowed you to help out more at home?

*Draw or write about it below.*

What chore do you wish you could have at home but are not ready for quite yet? (Examples- mowing the lawn, cooking dinner, walking the dog, babysitting etc.)

*Write or draw it below.*

Think back to your “dream chore” from yesterday. What skills do you need to have so that you can do this chore? Examples include- reading, following directions, safety skills, etc.

*Draw 2-3 new skills you need for your dream chore!*

Think back to when you were younger. What chore did you struggle with that now seems easy? What changed to make it easier?

*Draw or write about how you were before and how you are now.*

How can you make your least favorite chore or responsibility just a little more enjoyable?

*List 2-3 ideas below.*