

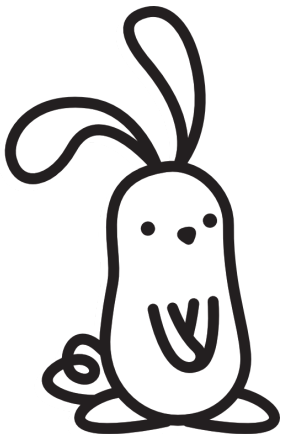
## KINDNESS AT HOME™ JOURNAL

### INCLUSIVENESS • Week 1 • Ages 4-7

Inclusiveness sounds like a big word, doesn't it? Clap it out - how many claps are in "in-clu-sive-ness"? That's right! There are four! Any idea what it means? Let's look at the word a bit closer. What two letters does inclusiveness start with? Yes! It starts with "in" - in! When you are "in" something, you belong - you are "in" a class, "in" a club, "in" a group, "in" a building. You belong with those people and in that space, and they belong there, too. That is what inclusiveness is: it is including others, inviting them in, and welcoming them with open arms. This also means we work hard to make sure everyone has a spot - has what they need to be happy, healthy, and to belong.

Remember: **Inclusiveness is including others, inviting them in, and welcoming them with open arms.**

Think about who is included in your family. What makes each family member a special part of your unique group?



### YOUR TURN

Journal Prompt this week:

*Draw a picture of all your family members doing a special activity together. Be sure to include everyone.*



Think about how you feel when people include you in a game, activity, party, or other event.

*Draw a picture about how being included makes you feel.*

Pretend a new family moved in next door and they have a kid your age. How might you welcome them to the neighborhood?

*List out or draw the things you could do.*

*Family Tree: Trace your hand and write the names of the people you live with as branches off of the tree*

*trunk* (get a parent, guardian, or older sibling to help).

See how you are all connected and included in the same family tree? Cool, huh!

What is one thing you enjoy doing together as a family?

*Write about it or draw a picture of you doing it.*

How does everyone feel when you do this fun thing together?