

KINDNESS AT HOME™ JOURNAL

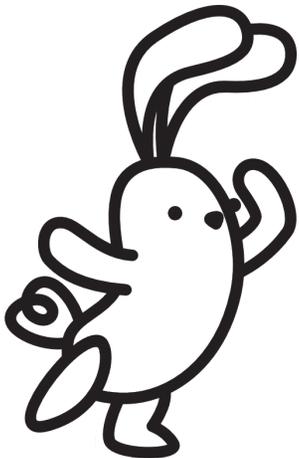
RESPONSIBILITY • Week 2 • Ages 4-7

Sometimes responsibility can cause us to only think about all the work we have to do. Chores might seem boring and annoying. You might not understand WHY they need to be done. You might not feel like you know HOW to do them and so you just avoid them.

However, being responsible for yourself and your actions is an act of kindness in your home. Your family needs every person to help. You are a team. When we all work together, the chores are completed quickly and we can move on to FUN!

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

Look back to last week and think about your chores at home. Think about how they are an act of kindness and how they help others on a daily basis.



YOUR TURN

Journal Prompt this week:

What is the most important responsibility you have at home? Why is it so important?

Write or draw about it below.

A large empty rectangular box with an orange border, intended for writing or drawing.

Think back to yesterday and your most important daily responsibility. What would happen if you decided not to do it?

Write or draw what might happen below.

Which household chore is your favorite and why? Chores aren't always fun, but our skills can make some of them preferred or easier. Take some time to think about this and identify a chore that falls under this category.

How do you remember which responsibilities to do each day? Do you have a schedule?

If so, write it below. If not, make one up and write or draw it out below.

What does your nighttime routine look like? What responsibilities must you complete before you can go to bed?

Write or draw them below.

