

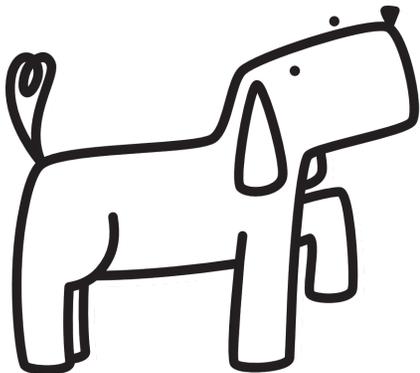
## KINDNESS AT HOME™ JOURNAL

### CARING • Week 4 • Ages 4-7

Caring does not stop with your family. It also includes people and spaces outside of your home. Look outside your home and into your neighborhood. What needs do they have? How we treat our community as a family says a great deal about how much we care. Even little things such as picking up trash or helping someone can be very helpful.

Remember, **Caring is feeling and showing concern for others.**

This week look outside your home and find ways to care for others and the space around you. Talk to your family about your ideas. Working together will increase the amount of kindness you can spread!



### YOUR TURN

Journal Prompt this week:

What needs does my neighborhood have?

*Draw a picture of them below!*



What is one thing my family can do outside to help our neighborhood?

*Draw a picture of your family doing it!*

How can you care for someone when you are at the park?

How can you care for the outside when you are on a walk?

*Draw a picture!*

How can you be helpful when a friend is feeling sad or angry?

*Draw a picture below.*