

Responsibility Hot Seat

KINDNESS AT HOME™
INSPIRE • Week 2 • RESPONSIBILITY

Activity Timeframe

15-20 mins

Materials

- ☐ Ball or other light item to toss
- ☐ Journal
- ☐ Pencil or Drawing Supplies



Inspire

It can be easy to focus on the many, many responsibilities outside the home and ignore what is needed within. However, responsibility and accountability actually START at home. Every person in your family has some type of responsibility, even if they are too young to know or label it as such. **Responsibility is being reliable to do the things that are expected or required of you.** As you get older, this list naturally gets longer and more complicated. However, with responsibility comes freedom. When you are reliable, others trust you and your level of independence increases as well. This week we will focus on checking our own responsibility levels and evaluate where each of us could be even more responsible.



Discussion Starter

Play “Responsibility Hot Seat”: Form a circle. Starting with the youngest member of the family, have them sit in the middle with everyone else around them. Have them identify one or more responsibilities that are required of them. Then, go around the outside of the circle and have every family member identify one consequence that might occur if the person in the middle chose NOT to complete their responsibility.



Journal Prompt

It's very important to be aware of your own responsibilities within the family and how that promotes a kind and loving environment. In your journal, choose one of the following to help you grow and/or reflect on this topic.

DRAW: Write down (or just read) the following list and draw a smiley face for each responsible action and a frowny face for each irresponsible action.

- Making your bed
- Leaving dishes in the living room
- Feeding the family pet
- Forgetting to finish homework or chores
- Leaving a wet towel on the bathroom floor after a shower
- Turning lights off when you leave a room
- **DO:** Help someone in your family complete their least favorite chore; share their responsibility and help them get through their work more quickly!
- **WRITE:** In general, how do you respond to or feel about the word “responsibility”? What do you think of? Is this a positive or negative feeling and why? In what ways is responsibility a really good thing?



Kindness Hack

Sometimes the responsible thing to do is examine what is working and make changes based on your analysis! If you are ready to go the extra mile, try this:

- Evaluate your living space or daily routines. Is there a time of day or part of your house that needs a little more “love”? What is getting neglected that you could take some responsibility for?