

## KINDNESS AT HOME™ JOURNAL

### INCLUSIVENESS • Week 1 • Ages 13-Adult

What do you think the word “inclusiveness” means? If you’re not entirely sure, 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:

**Interview everyone in your family. Ask them about their favorite things: food, color, hobby, song, snack, movie, etc. Write down their answers or have someone help you. From this list, how are people’s preferences different and how are they the same? How can we make others feel included, even when they are different from us?**

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