

KINDNESS AT HOME™ JOURNAL

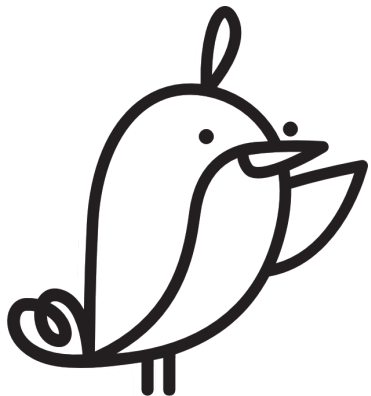
INCLUSIVENESS • Week 2 • Ages 4-7

Great job working hard to include others! Remember what it means to be inclusive? It means **including others, inviting them in, and welcoming them with open arms!**

Sometimes this can be hard, though - especially if you are tired, nervous, or feel like things aren't quite fair. Have you ever been in a situation where things didn't feel fair?

Let's think about the word **fair** for a minute. What comes to mind? You might think fair means:

- Everyone gets the same things or experiences
- Things are divided equally or are the same size
- The same amount of time is spent on a person or activity



YOUR TURN

Journal Prompt this week:

Draw a picture that represents fairness to you. If you can, write a few sentences to explain what your picture means or just explain it to another member of your family.



Let's say there are 3 of you but only ONE piece of apple pie. You all want dessert! How will you make this fair? *Draw a picture*

of what you would do or write about it.

How do you know that your solution is a fair one for everyone?

Because you are included as part of a family, it is fair and kind to help out at home. What are some chores you can do at home to help out?

Draw a picture of the kinds of chores you do or could do, or write about it.

In the space beside each situation, *draw a smiley face for every situation that feels fair and a frowny face for each situation that feels unfair.*

You have to go to bed at 7:30pm but your older sibling gets to stay up until 8.	
There is one cookie left and both you and your mom want it. She carefully cuts it into two equal halves and you each get one.	
Your older brother has to do dishes after dinner every night but you never have to. You can just play in your room.	

Sharing is a great way to make things more fair. *Draw or write about something you could share with another member of your family this week.*

