

KINDNESS AT HOME™ JOURNAL

CARING • Week 3 • Ages 13-Adult

Sometimes we may find it easier to care for people OUTSIDE our home, such as our teachers and our bosses. However, caring for others needs to start IN the home first. This week, look at how you treat those in your home. How do your actions demonstrate a caring attitude? Are you helpful, compassionate, and understanding? Do you make an effort to try and understand their perspective?

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

This week care for the members of your household through both your words and actions. Help out when you can, genuinely listen when others talk, and try to put yourself in their shoes when they are struggling.

YOUR TURN

Journal Prompt this week:

How do others care for you in your home? What do they do that you genuinely appreciate?



