

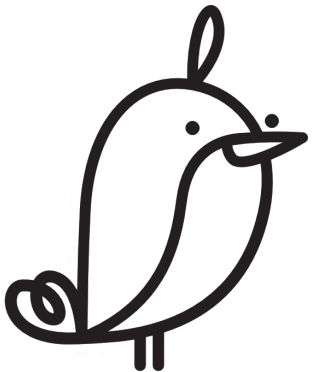
## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 2 • Ages 4-7

What is courage? Being strong and doing great things shows courage. But we use courage each day on a smaller scale. Sometimes what we are asked to do or what happens within our family requires courage and bravery on a smaller scale. We might be faced with a move or a family member leaving home. Courage allows us to be brave, even when new or hard things happen.

Remember: **COURAGE** means being brave when facing new or difficult circumstances.

This week we will see what courage looks like within our family and how we have worked together to stand tall and brave, even when things were scary or not clear.



### YOUR TURN

Journal Prompt this week:

Think about a time when your family had a big problem. How did it get solved?

*Draw a picture of it below!*

How do you use teamwork at home with your family?

*Draw a picture of an example below.*

What is something brave you have done at home? Maybe it is trying a new food, a new activity, or speaking up about how you feel.

*Draw yourself being brave!*

How do the adults in your home use courage to take care of you?

What do you do when you feel scared? How do you use courage to help face your fears?