

Kindness Journal #5

SUBJECT: CharacterStrong

SUMMARY: Complete the week's Kindness journal prompt. It will take you 10 minutes or less and it is designed to give yourself, your community, and this world a daily dose of *generosity, connection, empathy, and Love*.

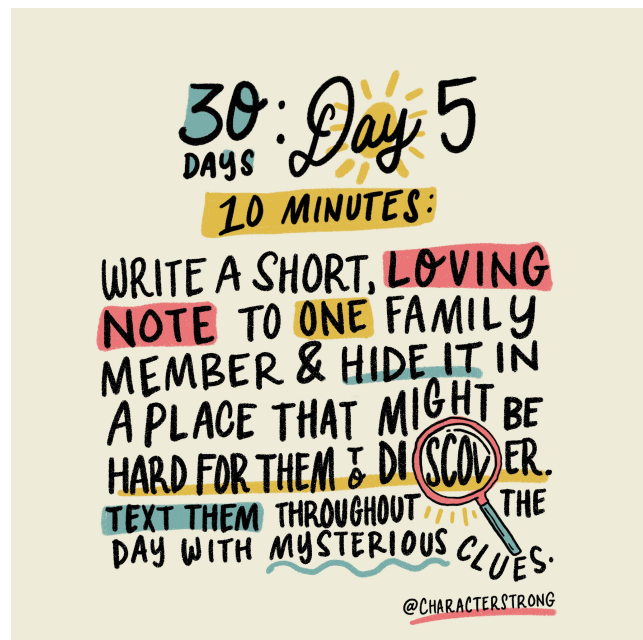
MATERIALS NEEDED: Pen/pencil, paper, Kindness journal prompt

DIRECTIONS: "You leave home to seek your fortune and, when you get it, you go home and share it with your family." –Anita Baker

-Write a short, loving note to one family member and hide it in a place that might be hard for them to discover. Text them throughout the day with mysterious hints.

RESOURCES:

The image shows a page from a journal titled "KIND // a journal". It is for "30 (DAYS): DAY 5". The prompt is: "You leave home to seek your fortune and, when you get it, you go home and share it with your family." –Anita Baker. Below this, it says "1 (PERSON): FAMILY MEMBER" and asks for "Who Are They:", "Why Do They Deserve Kindness:", and "What's Your Favorite Thing About This Person?". Then it says "10 (MINUTES): PUT KINDNESS INTO ACTION" and asks to "Write a short, loving note to one family member and hide it in a place that might be hard for them to discover. Text them throughout the day with mysterious hints." There is a small sun icon and a section for "Did you do it?" with "YES!" and "NOT YET" checkboxes, followed by a line for "If yes, what did you learn? If not yet, what got in the way?". At the bottom, there are social media handles: @characterstrong and @careacter.



EXAMPLE:

Family member:

Who are they?

Why do they deserve kindness?

What is your favorite thing about this person?

Did I do it? Yes ____ Not yet ____

If yes, what did you learn? If not yet, what got in the way?

IF YOU HAVE QUESTIONS CONTACT: kayce.lilley@dsd2.org