



Personal Responsibility PROGRAM TAKE HOME

This month, we're exploring PERSONAL RESPONSIBILITY: Determining what is our responsibility, and what is not our responsibility. Deciding our role in helping ourselves, our community, our world and making conscious choices.

Some activities to try at home:

Activity 1 - Children become empowered when they use their own strengths to help others. A great way to empower kids is by creating a “responsibility” pact between yourself and your child. To begin, each of you can think of one home responsibility that you do well and then make a short list of strategies that have helped you to be successful. Afterwards, share your strategies with each other.

An extension of this idea is to have each member of the family complete the chart and then discuss. Several start up ideas:

- o A home responsibility I do well...
 - o A school responsibility I do really well...
 - o A suggestion I can share with others ...
 - o Something that is still challenging for me is....
 - o An idea I am going to try is....
- **Activity 2** - Create a checklist of daily responsibilities. Hang it in a family friendly place so that everyone can see. The chart will help each family member to remember and to complete his/her tasks
 - **Activity 3** – As a way to honor Earth Day during the month of April, discuss the 3 R's... Reduce, Reuse and Recycle with the family.. Go around your home in order to see where you are helping the earth and where you can improve your endeavors.

Elementary:

- Someday: by Eileen Spinelli
- Lazy Ninja: by Mary Nhin
- A Chair for My Mother: by Vera B. Williams

Upper Grades:

- Seedfolks: by Paul Fleischman
- Ms Bixby's Last Day: by John David Anderson

Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives (km365.org).

Visit kindnessmatters365.org/connect or email info@km365.org to sign up for our emails and newsletters.

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