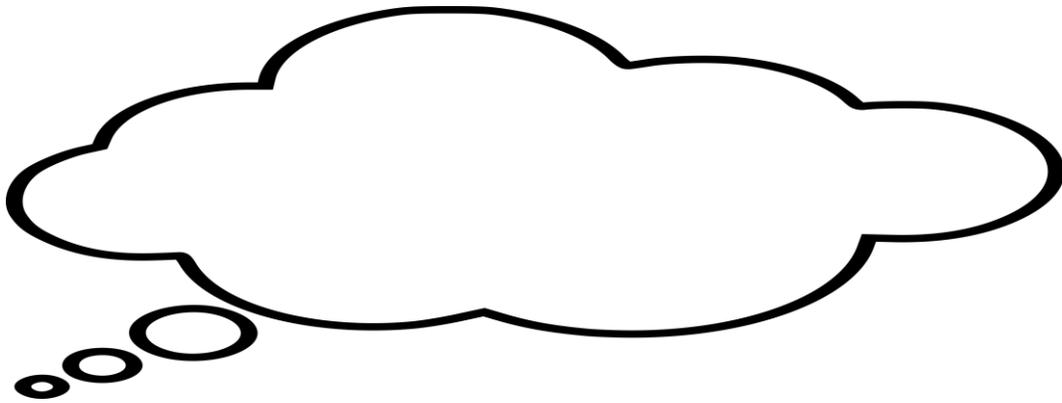


## Thought Bubble Thoughts



Words are amazingly powerful. When we use our words we can solve problems, make cool plans, stand up for our beliefs, and share our inner thoughts and feelings with the people we love. Words make life better and more meaningful.

Words are so powerful, that they can sometimes hurt people's hearts in very painful ways. When we aren't careful, words can be as dangerous as a weapon. If we get a scratch, we put a Band-Aid on it and it soon heals. When somebody says unkind words out loud to us, it can hurt our hearts in ways that may take many years before we begin to heal from the wound.

You may have heard the rhyme, "Sticks and stones may break my bones but words can never hurt me." This just isn't true. When someone uses

words in an unkind, mean, or angry way, we can be hurt very deeply.

Even the kindest people in the world have unkind thoughts nearly every single day. How can someone be so kind even though they have unkind thoughts? They use an amazing strategy!

Kind people learn to keep their unkind thoughts silent inside the Thought Bubble of their brain. If the unkind thought stays inside our thought bubble and doesn't get said out loud, that thought can never hurt anybody or cause any kind of problem. When we are careful about choosing the words we speak, we can choose to make other people feel good with our words. We can choose to use kind words that will never hurt the people around us.

Sometimes, we all make mistakes. Nobody is perfect. Still, we can all do our best to speak our kind thoughts out loud and keep our unkind words safe inside our Thought Bubble where they will never hurt anybody