

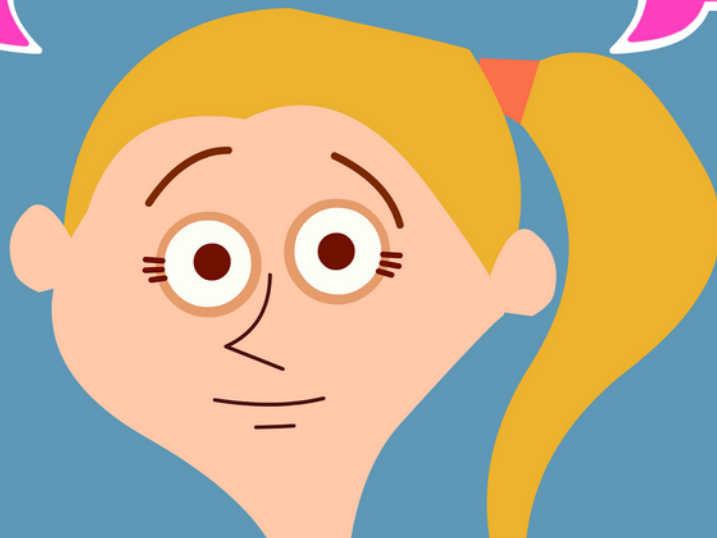
sWords



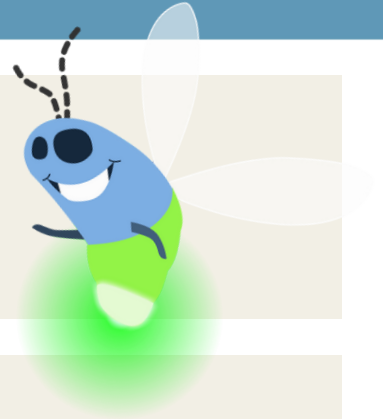
ACTIVITY #1

Helpful or Hurtful?

(Using the THINK Formula)



Helpful or Hurtful?



Activity Objectives:

- To understand the difference between hurtful words and helpful words.
- To recognize that the hurtful words we think to say can usually be turned into helpful words if we give ourselves time before speaking.
- To use the THINK formula as a process to give ourselves time before speaking.

Definitions:

Hurtful Words = Words and phrases that make us feel bad about ourselves, distressed, discouraged, insulted and disrespected.

Helpful Words = Words and phrases that make us feel good about ourselves, inspired, encouraged, and respected.

True Voice = It's the quiet voice inside our heart guiding us to do the right thing for ourselves and others.



Instructions



1. Ask the children to tell you when they think they use hurtful words the most. Often our children use hurtful words because they are hurt and don't know how to express their feelings clearly.

2. Ask the children to brainstorm ways that they could turn hurtful words into helpful words that will help them express what they feel and need without hurting others.

I don't like you! => I don't like when you take my stuff without my permission, can you please ask me next time?

I hate you => You are hurting my feelings, and that makes me upset.

You are stupid => You don't understand me.

3. Explain that choosing helpful words is not only kind, but it also helps them communicate what they need more clearly.



Helpful or Hurtful?

4. Introduce the THINK Formula below to help your children remember the steps to take before speaking:

- Take a breath
- Listen to your True Voice
- THINK before you speak

(go through each of the questions below and ask them to reply to them)

T - is it True?

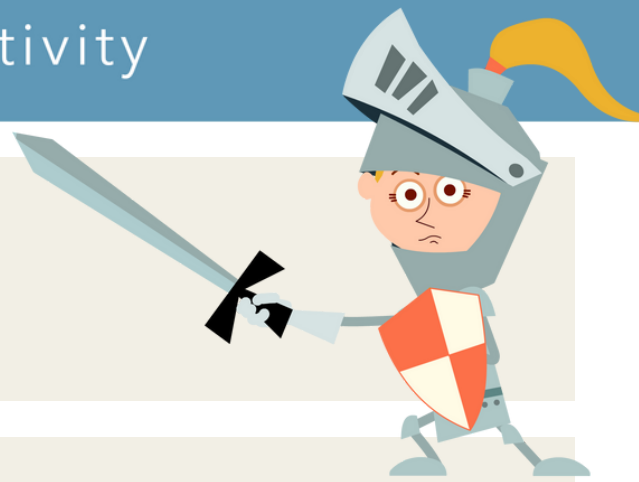
H - is it Helpful?

I - is it Inspiring?

N - is it Necessary?

K - is it Kind?



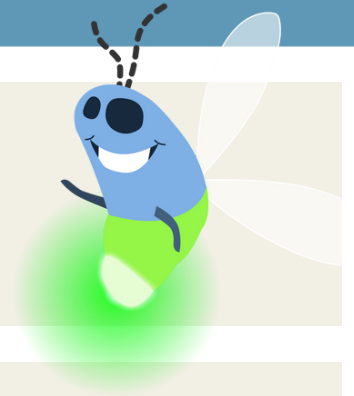


Helpful or Hurtful?

5. Ask your children to recall or draw a situation they are in now when they are unsure whether to speak (e.g. telling a friend an uncomfortable thing such as he hurt your feelings, you don't want to help them cheat in a test, you don't like how she treated another classmate, telling a teacher about an error he/she made in front of the class, etc.)
6. Ask them to either role play this situation or write about it on a piece of paper, using the THINK Formula before choosing to speak.
7. Ask them clarifying questions:
 - Did you decide to speak in this situation?
 - If not - why not? What did you discover using the THINK Formula?
 - If yes - how are you planning to phrase it to ensure you are using helpful words?
 - How does it feel to have more time to think before choosing whether to speak and what to say?



Helpful or Hurtful?



Decorate the poster below to remind you and everyone in your family or class to follow the THINK Formula.

Before you speak,
take a breath,
listen to your True Voice
and THINK:

T - is it **True**?

H - is it **Helpful**?

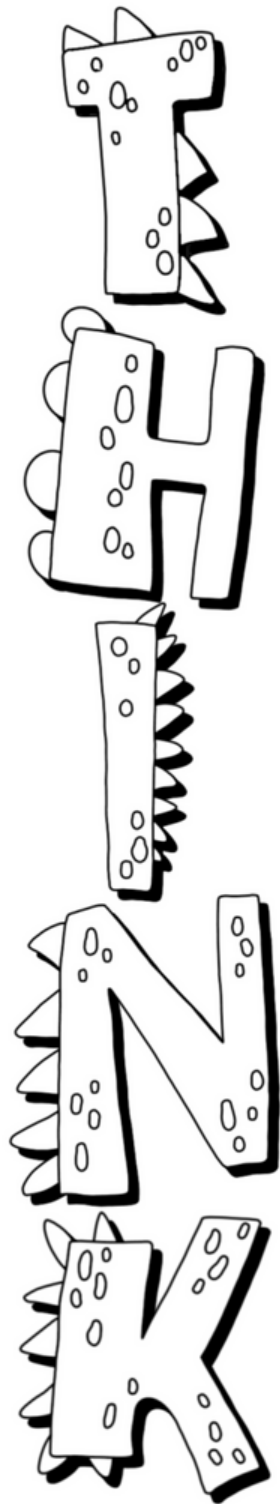
I - is it **Inspiring**?

N - is it **Necessary**?

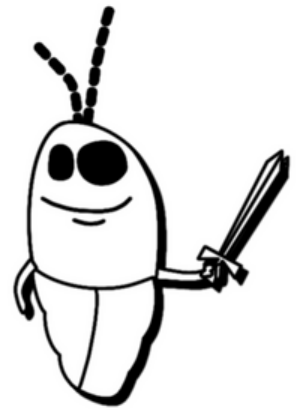
K - is it **Kind**?



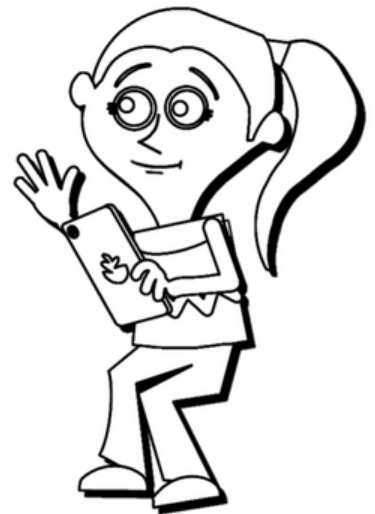
**Before you speak,
take a breath, listen to your TRUE VOICE
and THINK:**



Is it **T True?**

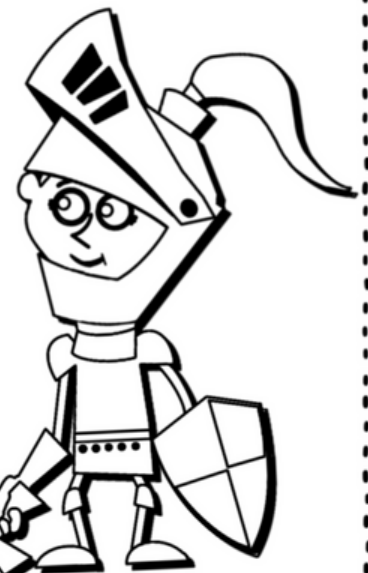


Is it **H Helpful?**



Is it **I Inspiring?**

Is it **N Necessary?**



Is it **K Kind?**