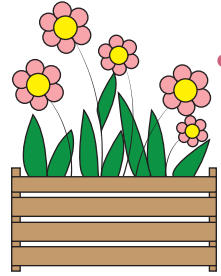


Name _____

Date _____



How to Use Kind Words



- First, take a few breaths and reflect on what it means to be kind. Now, spend some time writing kind words to yourself. For example: **I am giving. I am loved.**

- Now spend some time writing kind words to a friend. Remember our words can make someone feel good or bad. You can use the sentence stem below to get started.

_____ is helpful when _____

Now follow the directions below to practice role-playing with a friend, sibling, or caregiver.

Directions:

1. Have one person talk about something they like (e.g., a food, video game, movie, etc.).
2. Practice using kind words to talk about that person's likes, even if the feeling is not shared.
3. Switch roles! Now the other person will talk about something they like, and you will practice using kind words to discuss.
4. Use these prompts to reflect on the experience together.
 - What was that like for each of you?
 - What did you notice?
 - How did you feel afterwards?