

Using Healing Words at Home and School

Our words matter! We have the power to make someone feel better or worse depending on the way we use words. This is true no matter how old we are. Think about how you can use words to heal and help others throughout the week. Fill in the blanks below, and remember there may be more than one right answer—there are lots of healing words to choose from. By practicing here, maybe the words will be easier to remember and say later this week.

1. If I get in an argument with my brother or sister, I can say _____

2. If I see someone sitting alone at lunch at school, I can say _____

3. If my mom or dad comes home from work very tired, I can say _____

4. If a classmate falls down and hurts themselves, I can say _____

5. If I am disrespectful to my mom or dad, I can say _____

6. If my teacher tells me good morning, I can say _____

7. If my sister or brother asks if I will stop what I am doing and play with them, I can say _____

8. If I see someone who needs help at school, I can say _____
