

Words and Thoughts Matter Activity Sheet

(for Grades 6/7)

Name _____

Date _____

Review the following scenarios. Think about what you’ve learned so far, and write down a kind way to respond to each scenario.

Scenario	A kind response is:
Someone in your class starts to say unkind things about your friend, saying that what they are wearing does not look good on their body. Your friend is sitting at a desk far away so cannot hear what is being said.	
Your friend says “I don’t like how my body looks. I wish I was taller.”	
You are getting ready for the school dance and your bestie says “I’m so fat”	