



Be Kind

Our words can be stones that hurt or gifts that build up. Once they are out of our mouth though, they cannot be taken back.

Bible Verses:

Psalm 141:3

Set a guard over my mouth, LORD; keep watch over the door of my lips.

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen

Proverbs 11:9-15

With their mouths the godless destroy their neighbors, but through knowledge the righteous escape. When the righteous prosper, the city rejoices; when the wicked perish, there are shouts of joy. Through the blessing of the upright a city is exalted, but by the mouth of the wicked it is destroyed. Whoever derides their neighbor has no sense, but the one who has understanding holds their tongue. A gossip betrays a confidence, but a trustworthy person keeps a secret. For lack of guidance a nation falls, but victory is won through many advisers. Whoever puts up security for a stranger will surely suffer, but whoever refuses to shake hands in pledge is safe.

Before speaking, ask yourself - "Is it..."

T - true?

H - helpful?

I - inspiring?

N - necessary?

K - kind?

Here is a link to the reading of “Be Kind”.



[Be Kind. By: Pat Zietlow Miler](#)

What exactly is kindness?

What is it to be kind?

Is it being helpful?

Being polite?

Does it have to be a big act to be more kind?

Have a Fantastic Week! ☺ -Krystal

OUR WORDS ARE LIKE TOOTHPASTE!



Today we emptied a travel sized toothpaste into a bowl.

Circle your answer to these questions about the experiment.

1.) It was _____ to get the toothpaste out of the tube.

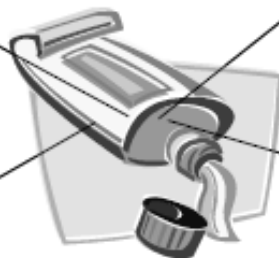
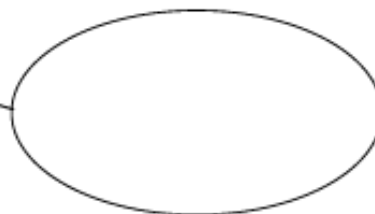
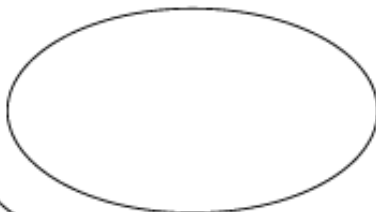
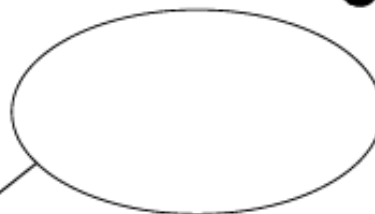
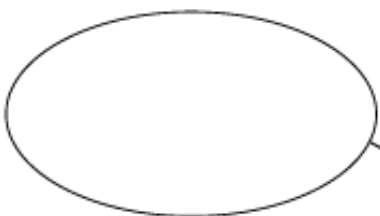
(easy hard)

2.) It was _____ to try and put the toothpaste back in the tube.

(easy hard)



Place hurtful words or sentences into the circles.



Describe how our words are like toothpaste.

