

# THINK for Kind Talking

Ensuring that what we say is truthful, helpful, inspiring, necessary, and kind takes practice! In this social emotional learning activity, your child will set a goal for themselves to THINK before they speak. They will watch a short video that unpacks the acronym THINK, and then complete a worksheet activity to help them focus on the importance of remembering to THINK before speaking. This activity is a great way to help your child practice mindful communication and build important relationship skills.

## What You Need:

- [THINK Before You Speak](#) worksheet
- ["THINK before you speak"](#) video (YouTube)

## What You Do:

1. Ask your child, "How do we know when we are speaking to others with care?"
2. Tell them that one way to remember to use care when speaking is by remembering to "THINK" before we speak.
3. Show the "THINK before you speak" video. Read through the video as they watch.
4. Afterwards, ask your learner what stood out to them in the video.
5. Review the THINK acronym (THINK stands for True, Helpful, Inspiring, Necessary, and Kind.)
6. Ask, "What is one letter you would like to focus on this week?"
7. Show your child the THINK Before You Speak worksheet, and read through its instructions.
8. Guide them to complete the worksheet and activity.

