Should I

Think it

or say it?

Understanding what thoughts you can say and what thoughts should stay in your head

THOUGHTS VS WORDS

WHICH THOUGHTS ARE APPROPRIATE TO SAY OUT LOUD
AND WHICH ONES MIGHT BE BETTER KEPT TO THEMSELVES?

I'm bored.

I don't like this food.

You look funny.

I think I'm really good at this game.

I'm scared of the dark.

Your idea is stupid.

I want to play a different game.

Can I help you with that?

I think your drawing is bad.

You are my best friend.

That shirt is ugly.

I'm feeling sad today.

THOUGHTS VS WORDS

WHICH THOUGHTS ARE APPROPRIATE TO SAY OUT LOUD AND WHICH ONES MIGHT BE BETTER KEPT TO THEMSELVES?

You are annoying.	Can we play together?	That wasn't very nice of you.
I wish I were taller.	Thank you for helping me.	You always get the best toys.
I don't want to sit next to you.	I feel very proud of myself.	Your new haircut is weird.
I need some alone time.	You're really good at math.	I don't understand this lesson.

SAY IT

THINK IT

GO

STOP

Before you speak

THINK

T   IS IT TRUE

H   IS IT HELPFUL

I   IS IT INSPIRING

N   IS IT NECESSARY

K   IS IT KIND

Write some words you can
use to remind yourself to:

THINK

Before you speak

T

H

I

N

K

INSTEAD OF SPEAKING TRY THIS:

Your words matter because they affect the people around you.

INSTEAD OF..		TRY..
I don't like you	→	
We don't have room at our table.	→	
It's not that hard	→	
I explained how to do it yesterday	→	
Your annoying	→	
Stop crying	→	
Be quiet	→	

THINK IT OR SAY IT?

How do you describe things you should just think or things that are ok to say?

THINK IT...	SAY IT...

Where would you place these words?
Should you think them or say them?

sharing feelings

my needs

off topic comments

questions that aren't personal

insults

swearing

kind words

angry

name calling

Saying things that make people feel uncomfortable

blaming

embarrassing comments

helpful feedback

positive comments

comments about physical appearance

rude words

WHAT IS A SOCIAL FILTER?

Everyone possesses an invisible filter located in the front part of their brain. This "filter" allows positive thoughts to pass through while keeping negative ones at bay. Just like cities utilize filters to purify drinking water, where clean water flows through while dirt and germs are trapped, our brain functions similarly to maintain a healthy mindset.

Our brains have a social filter. Our social filter helps us say words and use actions that make people have good thoughts about us. We all have kind and unkind thoughts. It's okay to have unkind thoughts, but we should keep them in our head to protect other people's feelings. Remember: We do not always say out loud what we are thinking

YOUR SOCIAL FILTER HELPS YOU:

- Protect a friend's feelings
- Saves you from being embarrassed
- Show respect to adults in charge
- Stay out of trouble

REFLECTIVE THINKING

Think of a time someone said something hurtful to you. What did they say?

How did it make you feel?

If that person used their social filter, what could they have said instead?

REFLECTIVE THINKING

Has there been a time when you said something hurtful because you didn't think before you spoke?

What could you do next time?

In your own words, why is it a good idea to filter your thoughts before you talk?

IS YOUR SOCIAL FILTER OFF OR ON?

Social Filter is ON

- Thinking about other people's feelings
- Using kind, friendly words

Social Filter is OFF

- Only thinking about myself
- I'm not trying to protect other people's feelings
- I might embarrass myself.

I CAN FILTER

MY THOUGHTS

BEFORE

I SPEAK