

## LOOKING AT ALL SIDES

Our words and actions are multidimensional. They can impact people around us in positive or negative ways. Stepping back and looking at the impact of our actions can be helpful. You know how it felt to help someone or to yell at someone, but how did that affect others around you? In the following chart, list some positive and negative actions you've done. List what those actions looked like and the impact they had on others.

Positive			Negative		
Actions/words	What others see	How others may feel	Actions/words	What others see	How others may feel