

# WORDS MATTER

A single word can  
change everything.

## WORDS MATTER TODAY AND EVERY DAY!

No Name-Calling Week

January 18 – 22, 2021

In honor of No Name-Calling Week, these family activities are designed to encourage thought, discussion, action and an awareness of the impact of our words to not just hurt or heal, but to change the world.

In honor of Martin Luther King, Jr's birthday, create a list of his most meaningful quotes and talk about how his words have had the power to change the world.

Work together to brainstorm a list of words that your family finds inspirational. Create a family poster with words, pictures and drawings to represent your list.

Talk about words that hurt. What are they? Why do people say them? What hurtful words have you said or been said to you? How can you use your words to help, heal or inspire?

Read books about the power of words to hurt or to heal, to raise up or put down, to change a mind or to change the world. See a link to our Words Matter Reading List below.

Make compliment cards, thank you cards, or "thinking of you makes me smile" cards. Give or send them to others to see the power of your kind words.

### Additional Resources

The BStrong Together/Barrington Area Library Words Matter Reading List ([bit.ly/3qtDFvI](http://bit.ly/3qtDFvI))

Students React to Being Call Important Video ([youtu.be/ffFaJdBq78Ic](http://youtu.be/ffFaJdBq78Ic))

BStrong Together Words Matter webpage ([bstrongtogether.org/words-matter-2](http://bstrongtogether.org/words-matter-2))

BStrong Together Bullying webpage ([bstrongtogether.org/bullying](http://bstrongtogether.org/bullying))

