

# WORDS MATTER

A single word can  
change everything.

# YOUR WORDS MATTER TODAY AND EVERY DAY!

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.

Talk as a family about your family values, especially those related to how you interact with others. How do the words that you use or don't use reflect those values?

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/ffFaJdBq78lc](http://youtu.be/ffFaJdBq78lc))

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))

