Educator Directions: Think Before You Speak

Materials:
- Think Before You Speak worksheet
- Optional: Poster

Prompt: Sometimes we say things without thinking them through, and our words may not be appropriate. They may hurt someone's feelings or it may not be the right time to talk. Learning to think before we speak is important, not only because you are accountable for the things you say but also you're accountable if those things you say hurt someone else.

Take a few minutes to have a group discussion around some examples.

* Take some time for questions & discussion from students *

* Hand out Think It? Or Say It? Worksheet *

Prompt: Today we're going to review some statements and decide if they should remain in our head or if it is okay to say them outloud. Read directions on the worksheet and do one together.

* Give students time to complete the worksheet *

After students complete the worksheet, continue the lesson by hanging the THINK Before You Speak poster somewhere in the room.

Prompt: This poster will help us remember to think about something before we say it out loud. Let's go through this together.

* Read the poster *

T- is it true?
H- is it helpful?
I- it is inspiring?
K- is it kind?

Additional Resources

Lesson extension:

[Emotion Regulation Skills Activity: Think It, Say It](#)
Print T.H.I.N.K poster for your classroom and use it as a reminder for your students.

Book Suggestions:

I Can't Believe You Said That! *By by Julia Cook and Kelsey De Weerd*
What Were You Thinking? By Bryan Smith
My Mouth Is A Volcano *by Julia Cook*