

**THOUGHT
BUBBLES**

**TALK
BUBBLES**

Discussion Questions:

- 1. Can you think of a time when you kept a thought in your head instead of saying it out loud? How did that help you or someone else feel better?**
- 2. Have you ever said something without thinking and made someone feel sad? What could you have said instead to be kind?**
- 3. Why is it important to wait for your turn to talk? How does listening first help everyone?**
- 4. What does a "filter" do to help us decide if a thought is okay to say? Can you think of a time when stopping to think before speaking would have helped?**
- 5. How can you practice stopping and thinking before you speak? What are some ways to remind yourself to keep a thought in your "thought bubble" instead of saying it out loud?**

