

Your words have power

Kind and happy words are like turning the light on—they make a person feel bright and happy. But angry and unkind words are like switching off a light and leaving someone in the dark. What you say to people can make a person's life happy and bright or dark and gloomy.



Sometimes you might be upset at someone, and it is difficult to hold back and not say something hurtful in anger. But it is best to not say those hurtful words. Try to say something nice instead, or don't say anything at all, even if you feel angry. Your words can make someone sad or they can make them happy. Turn on happy lights for people by saying loving and kind things to them today.

*I will be wise and think before I say,
And keep the sun shining in another's day.*