



One day at school, I heard a classmate say a word I had never heard before. Everyone around them looked surprised



I asked my teacher what the word meant. She told me it was a swear word



**Swear words are words that can hurt someone's feelings or make people feel uncomfortable**



**Sometimes, people use swear words when they feel angry, frustrated, or upset**



**Even though people might say swear words, it's better to use kind and respectful words instead**



**If I hear a swear word, I don't need to repeat it or use it. I can choose not to say hurtful words**



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**If I feel upset or frustrated, I can use other ways to express my feelings, like saying, 'I'm angry,' or asking for help**



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**I can also take deep breaths, count to 10, or walk away to calm down when I feel big emotions**



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**Swear words can make others feel bad, and I don't want to hurt anyone's feelings**



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**Using kind and respectful words helps me make friends and keeps everyone happy**



**If someone says a swear word to me, I can walk away and tell an adult I trust about how I feel**



**It's okay to ask questions about swear words, but I know I don't have to use them**



**When I choose kind words, I feel proud because I'm showing respect to others**



**Now, when I hear a swear word, I can choose to stay calm, not repeat it, and use kind words instead**



**Choosing kind and respectful words helps me build better relationships and makes me feel good too**



**I've learned that words are powerful, and using kind ones can help make the world a better place**



# Vocabulary

- Swear Words

A: Words that can hurt someone’s feelings or make them uncomfortable

B: Words that make everyone happy

- Respectful

A: Saying mean or hurtful words

B: Using kind words and treating others nicely

- Hurtful

A: Something that makes someone feel good

B: Something that makes someone feel sad or upset

- Kind Words

A: Words that make people feel bad

B: Words that show care and respect

- Calm

A: Feeling upset and loud

B: Feeling peaceful and relaxed



# Spellings

A: Surprised

B: Surpriced

A: Sweer

B: Swear

A: Upset

B: Upsat

A: Respectful

B: Rispctful

A: Express

B: Exspres

A: Friand

B: Friend

A: Trust

B: Trast

A: Prowd

B: Proud



## Comprehension

**BASICS**  
by WELLNESS HUB

- What are swear words?  
A: Words that can hurt someone's feelings or make them uncomfortable  
B: Words that make everyone happy

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- What should you do if you feel like saying a swear word?  
A: Say it loudly so everyone hears it  
B: Take a deep breath and use kind words instead

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- Why is it better to use kind words?  
A: Kind words help people feel happy and respected  
B: Kind words make people feel upset

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- What can you do if you hear a swear word?  
A: Repeat it to everyone around you  
B: Walk away and tell an adult

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- How do you feel when you use kind words?  
A: Proud because you're being respectful  
B: Upset because no one listens



## Open-Ended Questions

**BASICS**  
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- What should you do if someone says a swear word near you?

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- How do you think others feel when they hear kind words instead of swear words?

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- What can you say when you feel upset or angry without using a swear word?

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- Who can you talk to if you hear a word you don't understand?



## Creative Activity

- **Make a Kind Words Poster**

Help the child write or draw kind and respectful words, like "Thank you," "Please," or "I'm sorry," and decorate the poster

- **Create a Feelings Chart**

Ask the child to draw faces showing different emotions, and write safe words they can use when they feel each emotion (e.g., "I'm angry" or "I'm excited")



## Role-Play Activity

- **Scenario 1**

Pretend the child hears a swear word from a classmate. Practice walking away and telling a trusted adult

- **Scenario 2**

Act out a situation where the child feels upset. Practice taking a deep breath and saying, "I'm frustrated," instead of using hurtful words

- **Scenario 3**

Pretend the child accidentally repeats a word they heard. Practice saying, "I'm sorry, I didn't know that word wasn't kind," and using a better word next time