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UNIT FIVE >>> WATCH MY WORDS

Dear MCES Parents,

This week, we are embarking on the fifth unit of the Friendzy program. The students are listening, growing, and exemplifying their learnings in class room, hallways, lunchroom and beyond! We hope that you see positive changes at home as well.

The title of this month's unit is "**Watch My Words.**" This unit addresses the importance of words and how we can use them to build each other up instead of tearing each other down.

Catchphrase (main point for students to catch on to):

"Watch My Words"

Key Verses (Biblical anchor points):

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Ephesians 4:29

Goal: To recognize the power of my words, so I think before speaking.

Continue the Conversation (discuss the following at home):

T is it TRUE?
H is it HELPFUL?
I is it INSPIRING?
N is it NECESSARY?
K is it KIND?

1. **Think before you speak.** When we think before we speak, we choose kind words rather than unkind words. Use the **T.H.I.N.K.** acrostic and ask yourself if your words are **true**, **helpful**, **inspiring**, **necessary**, and **kind**.

2. **Don't let unkind words come out of your mouth.** Once words are released from our mouths, we cannot take them back. If we take time to choose our words wisely, we will not hurt those around us.

3. **Pay attention to what you're thinking about.** Philippians 4:8 tells us to think on what is true, noble, lovely, pure, admirable, excellent and praiseworthy. When we think on those things, it will impact the words we speak.

4. **Let your words be a gift.** Our words have the power to encourage and help others. Ephesians 4:29 instructs us to speak "only



what is helpful for building others up.” Let’s be friends who give the gift of encouraging words!

This unit provides an excellent opportunity to demonstrate repentance. There are moments in our lives where we all have opened our mouths and said words we wish we could retract. By modeling to your children how to course correct when a mistake occurs, you invite God to do great work through your weakness. He promises to be our strength when we are weak. Trust that God will accomplish more through your weakness than could be accomplished in your own strength.

Over the next few weeks, we hope your student will begin to use this unit’s Catchphrase:

“Watch My Words.” The Catchphrase is the main point that we want the students to remember and use over and over.

TELL ME MORE /// What is one way your student has taken the time to watch their words this month? Please share feedback with us on your success in using the T.H.I.N.K. acrostic from **“Watch My Words.”** We’d love to hear from you!

Blessings,

Mr. Kyle Kubik
Executive Principal

Mrs. Frannie Jagielski
Assistant Principal