

WORDS & PHRASES

FREEDOM OF SPEECH AND GUM CHEWING EXERCISES

What you say can love, smack or inspire. Freedom of speech does not mean anything is ok to say. Slander, defamation, and verbal abuse are abuse of the freedom of speech and are even against the law. Be thoughtful as you chew your gum as to how your words can affect others. You can blow their world with positiveness or burst their bubble.

1

HOW TO SELECT CAREFULLY

WHAT TO SAY

Before you speak, consider if what you have to say is true, helpful, accurate, necessary, or kind. Think before you speak with clarity and confidence.

2

WHEN TO CHEW IT

BITE BACK HOT AIR

Before you say something that you might regret, breathe, slow down and let your anger diffuse. Change your attitude to see the person or situation in a different perspective and speak positively.

60%
OF EMPLOYERS
SAY APPLICANTS ARE NOT
DEMONSTRATING SUFFICIENT
COMMUNICATION SKILLS TO BE
CONSIDERED FOR JOBS

BLOWING BUBBLES...TRI-LESS DENT

What you have to say can make someone's world or it can burst their bubble. With tri-less dent, a person affirms others with praise and speaks positively of situations rather than focussing on the negative. Blow bubbles of kind words that you really mean, and watch them smile.

SUGAR-FREE OPTIONS

Is someone mad at you? Be the first to make peace with words of acknowledgement. Showing respect for them, and addressing the situation if you are able to, helps lessen the conflict. Leave the door open for communication to empathize, respond, make the connection, and then engage in peace.

3

MINTY FRESH BENEFITS

SMACK

Be the one with the best pop. Stand out with etiquette that leaves a smack of love and kindness to those you meet!