

What if Seed Craft

When you ask yourself, "What if?", you give yourself time to think about what could happen as a result of your actions. (We call those consequences.)

If the answer to "What if" is:

• you could hurt yourself • you could hurt someone else • you'll make your parents or teachers mad

then you need to change your action. A small change can make a big difference in keeping the fun, but avoiding the trouble.

Cut out the seed and put it somewhere (like on your backpack, in your pocket, or on your wall) that will help you remember to ask yourself, "What if?"

