



Master Your Mindbugs

Did you know you have a buggy brain? We all do. Our mental habits or “mindbugs” can trick us into treating people unfairly based on their race, religion, gender, or other qualities.

Our brains automatically notice people who seem different from us and assign them to a group. We can also pick up negative ideas about groups from the media or society. Even if we believe all people are equal, mindbugs can impact our actions.

But we can watch out for these pesky bugs and stop their sting. Your first impression of someone may be the buzz of a mindbug. Reach out to people of different backgrounds and get to know them. If a negative idea about a person or group creeps into your mind, ask yourself, “What’s cool about this person?” Or talk to them and find out what you have in common.

When you know about the dangers of mindbugs, you can swat them away and focus on friendship.

FILL IN THE QUALITIES OF THESE HELPFUL FLOWERS.

THEN MATCH EACH FLOWER TO THE BUG IT CAN HELP.

