

MONSTERS OF THE MIND

Have you met any monsters of the mind lately? Sometimes, when you least expect it, unkind thoughts can sneak into your brain, like creepy creatures. You might see someone who looks or sounds different from you and think, “Ew, he’s weird!” or “Yikes! I’m staying away.”

Prejudice lurks all around us. We can pick it up from the media or from the words and actions of others. Even

when we want to be fair and friendly to everyone, those nasty notions may catch us off guard.

How do you banish monstrous thoughts? Make friends with people who come from diverse cultures or who have different interests. You have the power to tame the monsters in your head. So stand up to their scary scowls—and make them scatter.

These monsters want to read up on stopping prejudice and negativity. Connect each one with the book that will help.

