

# Battle the Blazes

“One word may be likened unto fire, another unto light, and the influence which both exert is manifest in the world. Therefore . . . speak with words as mild as milk . . .” —Bahá’u’lláh

**W**hen a small spark is fueled by dry wood and driven by the wind, it can become a raging wildfire. It’s the same with words. If a friend gets heated up and says mean things, it’s easy to let your temper flare and create a chain reaction of arguing.

You can choose peaceful words to quench the angry flames and bad feelings. Just like firefighting, this takes

practice. Fireproof yourself with virtues like calmness and courtesy. Listen to others’ points of view and put out embers when they’re small and smoldering, instead of waiting for a five-alarm fire. Use a calm tone of voice and friendly body language.

You can battle the blazes of rudeness and bullying by helping everyone cool off and chill out.

**At this fire safety drill, fill in the missing letters to spell out virtues about calm and courteous speech.**

