

Mild as Milk

"One word may be likened unto fire, another unto light, and the influence which both exert is manifest in the world. Therefore an enlightened man of wisdom should primarily speak with words as mild as milk . . ." —Bahá'u'lláh

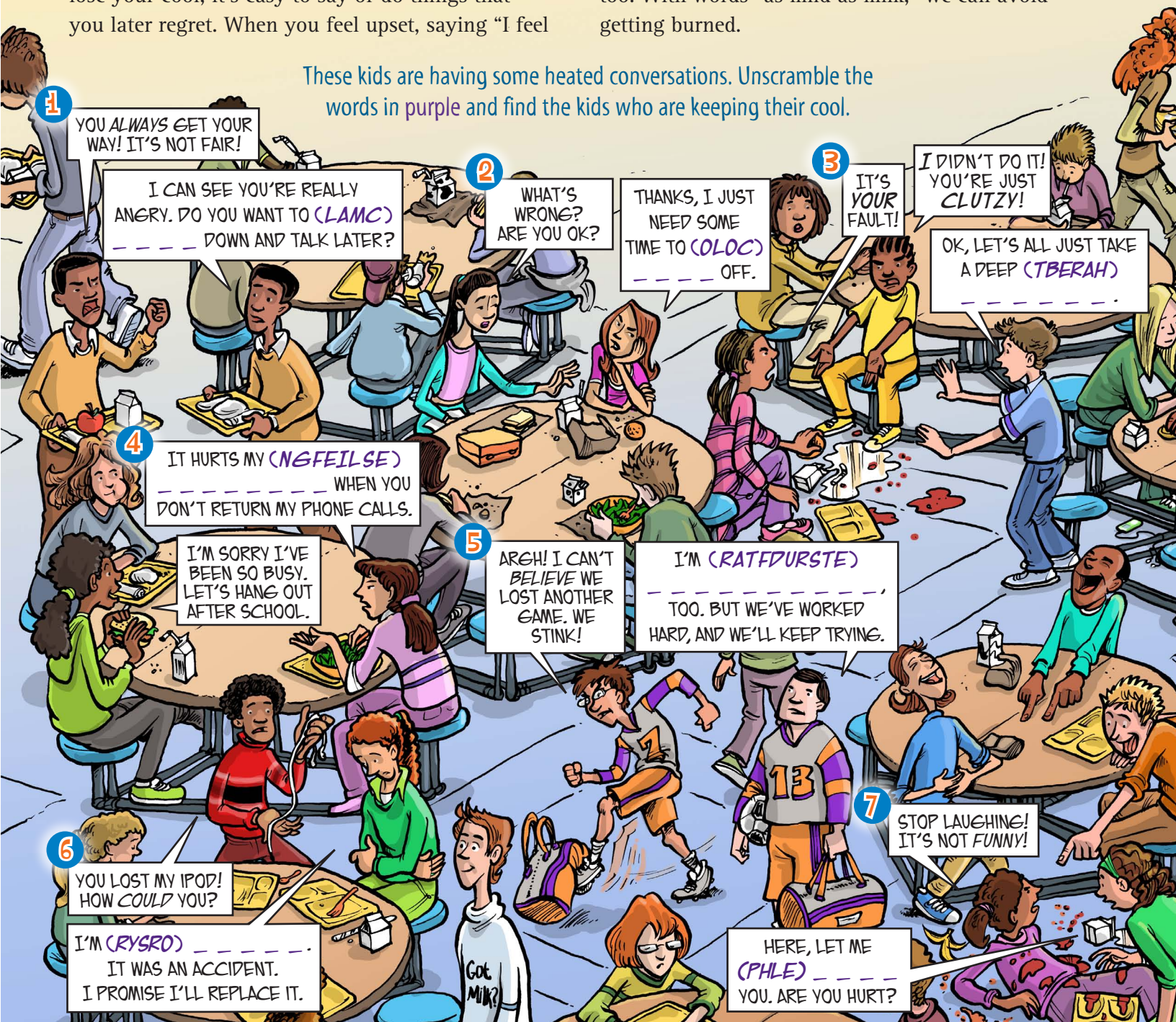
Did you know that if you eat something too spicy, a glass of milk can help cool your tongue? A protein in milk binds to the spicy oil and washes it away. Similarly, when a conversation gets heated, using mild words can calm things down and keep anger from burning out of control.

Everyone gets angry sometimes. But if you lose your cool, it's easy to say or do things that you later regret. When you feel upset, saying "I feel

frustrated" or "Give me a minute to calm down" can help. Try going for a walk to blow off steam. You can express yourself in a journal or an art project. When a friend or family member is angry, you can help by offering a listening ear or some quiet space.

What you say and how you say it can help you stay calm. You might help others tame their tempers, too. With words "as mild as milk," we can avoid getting burned.

These kids are having some heated conversations. Unscramble the words in purple and find the kids who are keeping their cool.



SEE ANSWERS ON PAGE 28