Choose one of these wise sayings. Make a reminder for your locker or bedroom.

1. A Soft answer is calming, but harsh words stir up anger. (from Proverbs 15:1)
2. Guard your mouth and you will keep yourself out of trouble. (from Proverbs 21:23)
3. Without wood a fire goes out; without gossip, a quarrel dies down. (from Proverbs 26:20)
4. Be quick to hear, slow to speak, slow to anger. (from James 1:19)