

What if Seed Craft

When you ask yourself, "What if?", you give yourself time to think about what could happen as a result of your actions. (We call those consequences.)

If you ask "What if?" and the result would be that

• **you could hurt yourself** • **you could hurt someone else** • **you'll make your parents or teachers mad**
then you need to change your action. A small change can make a big difference in keeping the fun, but avoiding the trouble.

Cut out the seed and put it somewhere that will help you remember to ask yourself, "What if?" You could put the What If seed on your backpack, on the fridge at home, or even in your pocket.

