



# Kind Mouth



I can use a kind mouth.



A kind mouth helps people feel safe  
and happy.



# HEY

# GOODBYE

A kind mouth can say hello or goodbye.



# Together for Neurodiversity

Empowering Futures, Embracing Differences

Empowering Futures, Embracing Differences

You are doing  
**GREAT!**

YOU  
GOT  
THIS!

A vibrant graphic featuring the text "You ARE smart" in a bold, purple, 3D-style font. The letters are tilted and layered, with a color gradient from light purple to dark blue. The word "ARE" is in all caps, while "You" and "smart" are in a lowercase script. The graphic is set against a white background and is decorated with various black and dark blue sparkles, stars of different sizes, and small black dots of varying sizes, all scattered around the text.

A kind mouth can say kind words.



A kind mouth can ask for help.



A kind mouth can sing, smile, and laugh.



Sometimes, I feel upset, angry, or excited.



Even with big feelings, I can try  
to use a kind mouth.



If I want to shout, scream, or say unkind words, I can ask for help.



I can take deep breaths or use my communication tools.



I am learning to keep my mouth kind  
and calm.



A kind mouth helps me and others feel good.



I can remember: I use a kind mouth  
every day.