

# Cautiousness for the Family

Knowing the importance of right timing in accomplishing right actions

To practice Cautiousness, I will:

- think before I act
- follow safety rules
- ask permission
- talk at the right time
- look out for danger



## Family Activity:

### Play It Safe



This exercise starts with safety in the home. Discuss what to do in the event of a fire. Do you have an outside family meeting place set for all to gather? Do you have dry runs of how to get out of the house in an emergency? Do you have the house stocked for emergencies that require sheltering in place? Do you have water, food, batteries for flashlights? Do you know what you need to take if you have to leave quickly? There are plenty of websites that have all types of ways to prepare for emergencies. Being prepared helps in making careful decisions when there isn't time to think everything through.

Direct the discussion to thinking before you say or do something that may be hurtful to someone else. Cautiousness is about protecting yourself and the feelings of others. Thinking first is something that you need to practice, just like fire drills, to keep your relationships safe.

To process this activity, use these or similar questions:

Did you learn something about safety today?

Do you understand the importance of cautiousness to keep yourself safe?

Do you understand the importance of cautiousness to keep your relationships safe?