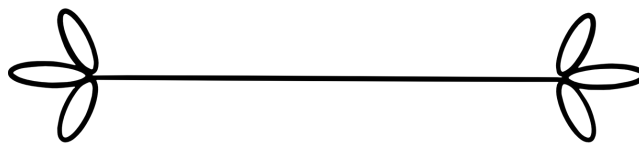


Quotes from "Mean Girls" Movie



Use the following quotes from the movie, "Mean Girls" to practice the skill, non-judgmental, in the mindfulness module. Read each quote and ask the child or teen to rephrase the comment as a non-judgmental statement, or ask them to state their own judgmental thoughts (if they are having any) in a non-judgmental way.



"On Wednesdays we wear pink."

—Gretchen

"I'm not like the other moms. I'm a cool mom."

-Regina's mom

"I'm sorry that people are so jealous of me. But I can't help it that I'm popular."

-Gretchen Wieners

"I hated Regina George! I hated her!"

-Cady Heron

Gretchen Wieners: Regina, you're wearing sweatpants. It's Monday.

Regina George: So?

Karen Smith: So that's against the rules and you can't sit with us.

Regina George: Whatever. Those rules aren't real.

Karen Smith: They were real that day I wore a vest!

Regina George: It was because that vest was disgusting!

Gretchen Wieners: YOU CAN'T SIT WITH US!