



# Toothpaste is Louder Than Words Activity

Here is a fun activity that makes it easy to put how much words effect people into perspective. Great activity for elementary or middle school students!

**You'll need:** Paper plates, tooth paste, and tooth picks.

**Description:** Separate the students into small groups and tell them to squeeze all the toothpaste onto the paper plate. Once they are finished, tell them now to use the toothpicks to put the toothpaste back into the tube that it was originally in.

After about 5-10 minutes they will realize that it just isn't going to happen, nothing is getting back in. From there, have an open discussion on words that the kids can and should say that promote kindness and write the words on the board.

If someone says something inappropriate, just say "That word is too hurtful for me to put on the board."

From this point when you are finished with the discussion, say something like, "When you squeezed the toothpaste out, it was like the words that sometimes come out of your mouth, some of which might be hurtful. When you were asked to put the words back in, what happened?"

Students will recognize that they can't take words back, even when they are angry, and it will spark up a discussion.

