

Back to School Toothpaste Activity

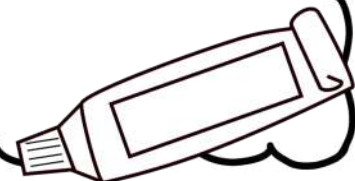
First, decide how you will group your students. This will help you to know what you will need in terms of supplies.

Items Needed

- tubes of toothpaste for each group (get the cheap ones at any Dollar Store and get blue, not white)
- toothpicks (at least one for each child)
- paper plates for each group (if they are thin, double them up)
- newspaper and paper towels, to keep this from getting too messy!
- gloves (optional, but this can get messy)

Teacher Directions

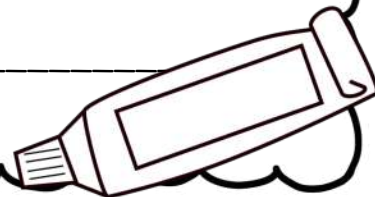
1. Give students the paper plates and toothpaste. Students work in groups to squeeze an entire tube of toothpaste on to the paper plate as fast as they can.
2. Give students the toothpicks. Students will need to take the toothpicks and try to get as much toothpaste as possible back in to the tube. Allow about 10 minutes, or until they realize that they aren't getting it all back in.
3. Have a discussion about words. Have an open discussion about words or phrases that have been said to them that have hurt them. Write all of the acceptable words and phrases on the board (and if an inappropriate one comes up, don't freak out, just tell them that you are glad that they shared it, but the word is so hurtful that you can't even write it on the board).
4. Take a step away from the board and say, "Students, these are toothpaste words. When I asked you to squeeze the toothpaste, it was like the words that sometimes come out of your mouth, some of which are hurtful. Then I asked you to put those words back in and what happened?" Students will recognize that they can't take the words back. You can connect this to how students won't forget hurtful words, even if they do forgive.
5. Begin a discussion about how carefully we should choose our words, even when we are angry. Help students to understand that when we choose our words, we can have a more successful classroom where we respect one another.
6. Have students complete the reflection page.



Name _____ Date _____

Toothpaste Activity Reflection

Today we completed an activity about toothpaste words and their impact on others. Please share what you learned from this activity and how you can use what you learned to make good choices this year.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

THANK YOU

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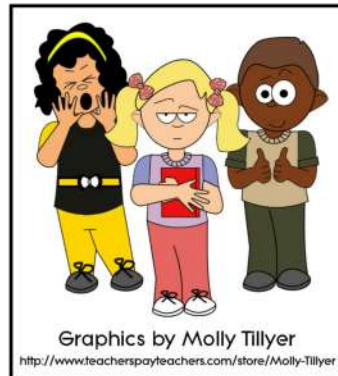
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