

Toothpaste Squirt Lesson

Your Thoughts are Private, but Behavior is Public

Tell kids that "Your thoughts are private, but behavior is public." You can think whatever you want to think, but the minute you let your thoughts out of your head through your words or your actions, they become public information. A great visual to explain this is the Toothpaste Squirt.



Toothpaste Squirt Lesson

Materials Needed:

- Small tube of toothpaste
- Small plate

Directions:

1. Choose one student to come forward and squirt all of the toothpaste onto the plate.
2. Ask the student if he/she can then put all of the toothpaste back into the tube.
3. Explain that once the toothpaste comes out of the tube, you cannot get it all back in. This is much like a put-down or rude comment. Once a put-down comes out of my mouth and goes into your ears, I cannot take it back.
4. Go onto explain that for each put-down a human hears, they must hear 10 pull-ups (or sincere compliments) to get back to where they were emotionally prior to the put down. (i.e. if a child gets 3 put downs in one day, he must get 30 compliments to get back to where he was...30!)
5. Reiterate that thoughts are private, but behavior is public and the next time you think about giving a put down, think again and screw your lid to your toothpaste tube on tight!

The most important skill that we can teach children to help them succeed in life is the ability to get along with others in society. To do that, it takes positive role models. If we fail, the rest of the world will let us know, and our kids will be subjected to a life of ridicule, isolation, and despair. We are all need to model politeness and say NO to rudeness and keep making a positive difference!