

Words in a Toothpaste Tube

Character Skills

- Caring
- Respect

SEL Skills

- Self-Management
- Relationship Skills
- Responsible Decision-Making

Academic Skills

- Critical and Creative Thinking
- Self-Direction and Engagement

Goals

1. Familiarize children with the idea that poor choices cannot always be undone.
2. Promote saying kind things.
3. Expose students to the idea that caring means always being kind.

Materials

- Tube of toothpaste
- Popsicle stick
- Small plate

Instructions

1. With the top off, hold the toothpaste tube over a plate. Ask children to think of things others say that make them feel sad.
2. As students share what words have made them sad, squeeze small globs of toothpaste onto the plate for each mean comment.
3. Ask the students to think of kind things they can say to make friends feel happy.
4. Each time a child shares kind words, try to put some of the toothpaste back into the tube with the popsicle stick. It will not work well. Make sure students notice how difficult it is to do.
5. Share the idea that once we have said something unkind, we can't take it back - just like we can't put the toothpaste back in the tube.
6. When the children are not choosing kind words, remind them of the toothpaste lesson.

Definitions

Caring

- Be kind
- Be compassionate
- Express gratitude
- Forgive others

Respect:

- Follow the Golden Rule
- Have integrity; do what you say you'll do
- Keep your promises
- Be loyal; stand by your values

Self-Management

Regulate emotions, attitudes, and actions, and resist negative emotions and impulses

Definitions (continued)

Relationship Skills

Create positive relationships and meaningful connections with family members, classmates, and teachers

Responsible Decision-Making

Make decisions based on rationality, ethics, and effectiveness

Critical and Creative Thinking

Acquire, remember, understand, and apply knowledge

Self-Direction and Engagement

Fully engaged in the educational process and connected to the school community

These materials are presented by:



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