



THE POWER OF WORDS

This activity helps children understand that words have power, and they can either uplift or hurt another human being. Words, once spoken, cannot be taken back; therefore, it is important to think carefully about what we say.

MATERIALS

- 1 A piece of paper
- 2 A pencil
- 3 A bowl
- 4 A spoon
- 5 Salt and sugar



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FOLLOW THESE STEPS

- 1 Make a list of hurtful words with the children that you both have said in an argument with someone and that you were sorry about afterward. Words like: you are a loser, stupid, lazy, a liar, and I hate you, etc.
- 2 Make another list of helpful words or compliments that you both have said. Like: you're smart, you can do this, I love you, thank you for your help, etc.
- 3 Pour three spoons of sugar into the bowl. The bowl represents a person, and the sugar represents the helpful words and compliments. Allow them to taste some of the sugar, relating the sweetness to the good feeling we get from these words.
- 4 Now take the salt shaker, the salt represents the hurtful words. Have your child shake the salt into the bowl with sugar as he repeats some of the hurtful words he wrote on the list. And mix it with the sugar.
- 5 Points to reflect on:
Ask the children to taste the mixture and ask the following questions:
 - Is the mixture as tasty as it was with only the sugar? (No).
 - Why not? (Because there is salt mixed in with the sugar.)
 - Can the salt and sugar be separated? (It would be impossible to separate the two).
 - What can be done to make it tasty again? (Add more sugar).
 - By adding more sugar would the salt disappear? (No, however, the more sugar you add, the less you will be able to taste the salt).
 - What actions can you take to make the other person feel better? (apologize, write a note or a letter, draw a picture, or make a small gift et.)