

SQUEEZE PLAY

The lasting power of words

Materials: Worksheet copies, butcher paper, toothpaste, Popsicle® stick

Directions: Read the worksheet, complete the activity and discuss as a group.

We often say things without a thought to the impact of our words.

After all, they're just words.

But words do matter. Words can elate — or deflate.

Your choice of words is important. Words influence how people view you, and impact how others view themselves.

Today's activity visibly demonstrates how quickly our words can pour out and leave a lasting impression.

ACTIVITY INSTRUCTIONS

- 1 Place the butcher paper, toothpaste and Popsicle stick on a table. Select two youths to demonstrate the activity. Designate one Youth A and the other Youth B.
- 2 When we say "GO," Youth A will count 10 seconds while squeezing the toothpaste onto the butcher paper. After 10 seconds, Youth A will stop squeezing.
- 3 When we say "GO," Youth B will count 30 seconds while using a Popsicle stick to stuff the toothpaste back into the tube. After 30 seconds, Youth B will stop trying to stuff the toothpaste back into the tube.
- 4 Let's discuss what happened:
 - Why was it hard to replace the toothpaste?
 - Why did it take only 10 seconds to empty the toothpaste, but more than 30 seconds to try and replace it?
 - How are our words like toothpaste?
 - How does this activity compare to saying something you can't take back?

