

ANCHORS

WORDS CAN HURT



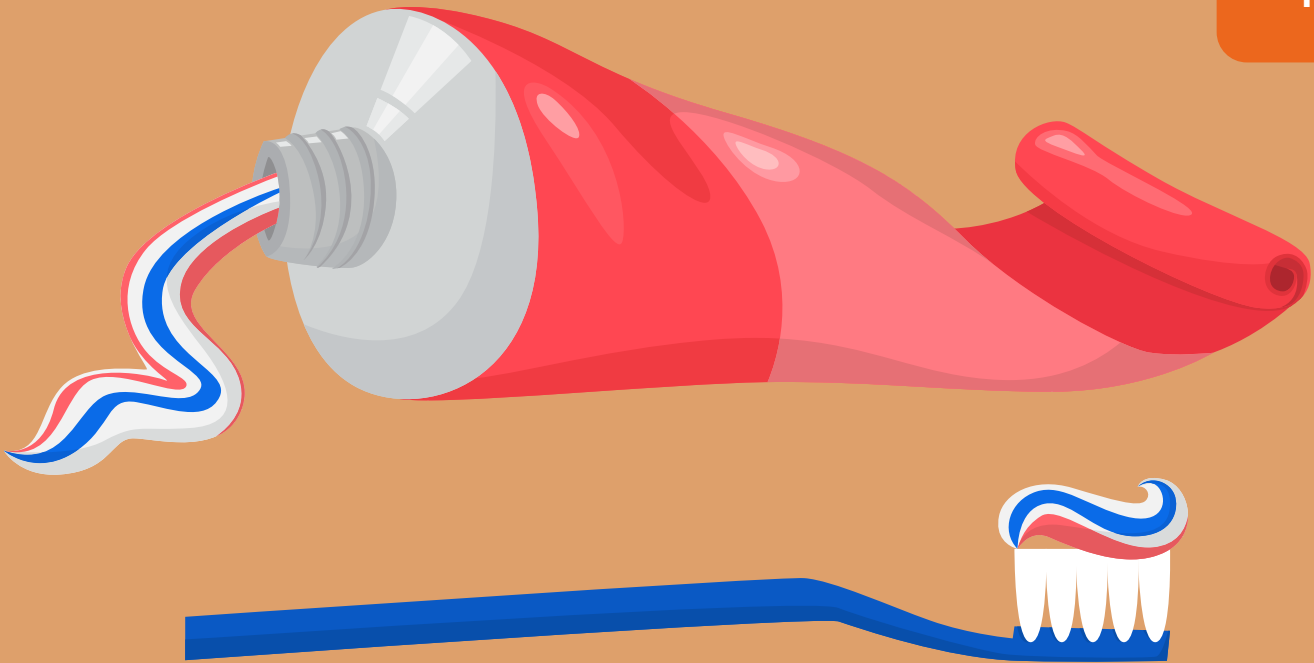
GET INTO
THE BIBLE



15 MINUTES



PREPARATION
NEEDED



AIM

An interactive and visual way to think about how the words we use can have an impact on other people.

WHAT YOU'LL NEED

- Tube of toothpaste per group
- Plates
- Cocktail sticks

GET INTO THE BIBLE: WORDS CAN HURT

THEME: UNDERSTANDING CHRISTIAN VALUES



LEADER PREPARATION

Each group will need a tube of toothpaste, a plate and some cocktail sticks. This activity can get messy so be prepared with some paper towels to clean up.



GETTING INTO THE ACTIVITY

- 1 Split into small groups and give each group the equipment needed.
- 2 Tell the children that we are going to have a competition. Firstly, they need to empty their tubes of toothpaste onto the plate. Once done ask each group how they found it. Was it easy to do? Did it take long? Did it require much effort or thinking?
- 3 Now explain that the real competition is going to begin. Each team must put the toothpaste back into the tube using the cocktail sticks.
- 4 After a few minutes ask the group how they found it. Could they do it? Was it hard to do? Was it harder to put the toothpaste back in than it was to take it out?
- 5 Using our toothpaste example, if we swap the tube to be our mouth and the toothpaste to be our words, can we see how easy it is for words to leave our mouths but how hard it can be to take them back after we have said them?
- 6 The words that easily come out of our mouths can hurt other people. Examples might include name calling, being mean, telling lies. Whilst it only takes a few seconds to say something mean the effects can last a very long time. The words can upset others and then be very difficult to take back – just like we found out with the toothpaste.
- 7 God calls us to be kind and to use our words to help build people up, rather than to knock people down. God wants us to be kind and loving to each other.

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



IDEAS TO TAKE THIS FURTHER...

Ask to group to write kind words about someone on a post it note and place it on their back. Discuss how it feels both to say kind words and receive them.



KEEPING EVERYONE SAFE

Remember to be sensitive when discussing this issue as some children may be experiencing unkind words or bullying at school.