

# Hurtful Words...

## Materials:

- 4-5 different colors of playdough
- Mixing bowl (optional)

**Play Dough:** use one color to represent a “person”.

Use other colors to represent “hurtful words”.



Have the students start mixing pieces of the other colors into the "person" Play Dough. As they mix the playdough, explain to the students that each of the pieces of playdough represent rude or harmful words that come out of our mouths.



Demonstrate that the colors become mixed and we can't separate them again....once we use our words in harmful ways, we can't take them back.



## Discussion:

Reiterate that our behavior and words are sometimes very hurtful and we need to think before we speak. Is what you are saying a put down or something that you may not be able to take back?

Think things through and use good judgment before you speak. When you use your head, you make better choices. That shows you have good character.

- Have you had any similar experiences where you wished you could take back something hurtful that you said to someone?
- How can we choose our words better?
- What are some ways we can show good character in school and our community?