

Toothpaste or Paper Scrunch Challenge



This activity, with two variations (Toothpaste and Paper Scrunch), is designed to teach participants about the impact of their words and actions. It illustrates the concept that once something is said or done, it cannot be entirely undone, emphasising the importance of kindness and thoughtfulness.



Learning Intentions

Understand the Lasting Impact of Words and Actions:

Students will learn the importance of thoughtfulness by recognising that words and actions cannot be entirely undone once spoken or performed.

Develop Empathy and Kindness:

Students will cultivate a deeper understanding of how their words and actions affect others, promoting empathy and the practice of kindness in their daily interactions.

Encourage Reflection on Personal Behaviour:

Students will reflect on their communication habits, gaining awareness of the importance of mindful and positive interactions with others.



Success Criteria

Active Participation in the Activity:

Students successfully participate in either the Toothpaste or Paper Scrunch challenge, fully engaging in the physical tasks that illustrate the permanence of words and actions.

Understanding of Key Concepts:

Students demonstrate an understanding of the analogy between the activities and real-life situations, recognising that once words or actions are released, they cannot be fully retracted or undone.

Reflection and Application of Kindness:

Students reflect on their own behaviours and are able to articulate ways they can practise greater kindness, empathy, and thoughtfulness in their interactions with others moving forward.



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Objective:

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Toothpaste Option

Materials:

- Small tubes of toothpaste (one per participant or group).
- Paper plates.
- Plastic spoons.

Setup:

Distribute a tube of toothpaste, a paper plate, and a plastic spoon to each participant or group.

Gameplay:

- Participants squeeze out all the toothpaste onto the plate within 20 seconds.
- They are then given a couple of minutes to try to put the toothpaste back into the tube using the spoon, which is impossible.
- The facilitator explains the analogy between toothpaste and words/actions – once out, they cannot be taken back completely.

Toothpaste or Paper Scrunch Challenge



Paper Scrunch Option

Materials:

- A blank piece of A4 paper for each participant.

Setup:

Give each participant a piece of paper.

Gameplay:

- Participants have 20 seconds to scrunch the paper into a tight ball.
- Then, they have another 20 seconds to try to flatten the paper back to its original state, which will be imperfect due to the creases and marks.
- Discuss how the creases represent words or actions that cannot be entirely undone, highlighting the importance of kindness and positive actions.

Winning the Game:

The focus is not on winning but on understanding the lasting impact of our words and actions.

Variations for Different Settings:

- **Educational Edition:** Tailor the discussion to include examples relevant to students' experiences.
- **Staff Edition:** Focus on professional communication and the impact of actions in the workplace.
- **Family Edition:** Use the game to teach children about kindness, empathy, and the consequences of their words and actions.

Additional Notes:

- Both variations of the Toothpaste or Paper Scrunch Challenge provide a powerful visual and physical representation of the permanence of our words and actions.
- The activity fosters discussions about empathy, kindness, and the power each person has in their interactions with others.
- It's a simple yet effective way to encourage participants to think before they speak or act, promoting a more positive and respectful environment.