



# AMBASSADOR ACTIVITIES

## Toothpaste Challenge

*Your words are powerful and once they are spoken, they cannot be taken back. This activity demonstrates the power and permanence of our words. Save the discussion for after completion of the hands-on activity.*

### HOW TO

1. Break students up into groups of 2 or 3.
2. Give each group a paper plate, 1 tube of toothpaste and 2-3 popsicle sticks
3. Instruct the students to squeeze as much toothpaste out of the tube as they can in one minute. Set timer and get them into it like a competition.
4. Now, instruct students to put as much toothpaste as they can back into the tube. They can use the popsicle sticks, or any means they can think of. Time them with one minute again and get them into it by making it complete and a challenge.
5. Finally, discuss how, like the toothpaste, once our words have left our mouths (or fingers, texting) they can not be put back in. Check out this article about this activity <https://www.today.com/parents/mom-uses-toothpaste-teach-daughter-lesson-about-power-words-t101945>



Words are like toothpaste; once they're out, it's hard to get them back in.

### ITEMS NEEDED

1. Toothpaste tubes – 1 per every 2-3 students (dollar tree has \$1 toothpaste tubes)
2. Popsicle sticks
3. Paper plates
4. Paper towels or napkins