

THE TOOTHPASTE ASSEMBLY

You might want to read this together or tell it to your child.

This assembly inspired my Year 6s so much that, when I left, they made a toothpaste tube for me full of amazingly kind words.

This is an assembly or message encouraging children to think before they speak. It aims to reduce unkind comments and to promote thoughtful and kind ones.

This morning I heard the alarm go off and thought, "Ugh... I've got to go to work... It's dark outside. I can't be bothered." Feeling grumpy, I then snapped at my husband when he asked if I had time for a cup of tea. "No!" I shouted.

Squeeze a small amount of toothpaste on the floor/table from the tube. (You might want to use a paint tube or old grouting tube instead of toothpaste in this current climate).

When I was ready for work, I went to find my car keys but couldn't find them. I blamed my husband because the day before he had kindly cleaned my car. Instead of thanking him for cleaning it, I moaned at him and said, "Why can't you put anything back in the right place for once?"

Squeeze more toothpaste on the floor/table from the tube.

I got to work and went to make myself a cup of coffee. But when I got there, there was no coffee left because everyone else had got there before me. "Why on earth has no one replaced the empty coffee jar?" I whinged. "I always have to do everything around here."

Squeeze more toothpaste on the floor/table from the tube.

Oops! Just look at all this mess here on the floor/table/tray – all the toothpaste that has been squeezed out. I know, I'll just put it back, then it won't be wasted.

Ask your child to scoop the toothpaste/paint back into the tube.

After a while of your child having fun and trying to put the toothpaste back in the tube, say that this is like our words. Once we say something, we can't take it back. If we say unkind or grumpy comments, we cannot unsay it.

In the Bible, one of God's followers, called James, wrote about this when he was giving advice to other Christians. James said that, just like a tiny spark of a flame can start a forest fire, our tongues can cause incredible damage as a result of the unkind things that we say.

Reflect:

Did you start your day positively or negatively? What comments did you make to others? Were they positive or kind things? You might not have snapped at anyone but you may have focused on what's going wrong in the world. It's very easy to fall into the trap of talking about (which very quickly becomes moaning about) all that is wrong. "The world's gone mad. Look at all those horrible people buying too much food and being selfish." Try turning this around and thinking more along the lines of... "I wonder why some people are not listening to the government advice and over buying or not self-isolating. Are they fearful? They must be worried at the moment. Hopefully they will see sense soon".