Encouraging Eggs-periment

Anti-Bully Awareness

**Purpose:**To understand the power of encouraging others rather than putting

 them down.

**Grades:** 2-6

**Materials:** 10-Minute Life Lessons for Kids by Jamie Miller (The Love Eggs-periment); clear drinking glass filled with 1 cup of water, 1 fresh egg, ¼ cup salt.

**Time: 30 minutes (including extension)**

**Focus: Ask and discuss the following questions**

1. What does it mean to encourage?
* Give support, inspire, give hope.
1. What are some ways we encourage others around us?
2. What are some things people do or say to “put people down?”
3. What can YOU do to encourage others?

# Activity:

1. Fill the drinking glass with 1 cup of water
2. Place the egg in the glass of water and observe that it sinks to the bottom.
* Discuss that the egg represents someone who is not being accepted/encouraged from others. Sinking represents how someone bullied or picked on would feel.
1. Remove the egg from the water.
2. Add ¼ salt to the glass of water.
* As you stir in each spoonful of salt, explain that the salt represents ways to make someone feel accepted/encouraged. Have the students come up with some ideas of what that would be.
1. After all salt is added, place the egg back in the water. It should float, showing that it is now supported with encouragement and positives.
* Discuss how this relates to the students – When we are disrespectful, bully, or put them down by others, they feel sad, depressed, and unappreciated. But, when you are respectful and kind, we lift people up and help them feel accepted.

**Extension:**

* + - 1. Give each student a colored piece of paper and have them write their name on top.
			2. Pass around the papers until each student has written a compliment on every paper.
			3. Students get to keep their original paper to refer back to on the tough days for a reminder of how wonderful they are!