**A Spoonful of Sugar from *10-Minute Life Lesson for Kids* by Miiller, p101**

"Science" activity that illustrates the virtue of Love

Group size: 2 or more

Ages: 4 and older

Materials for each child:

1. Bowl of water, white soup bowl works well

2. Pepper

3. Bar or small sliver of soap

4. Sugar

5. Small teaspoon for pouring in the sugar

[The discussion in the paragraphs below is very important. The children want to get right to the "experiment" but they need to relate it to the lesson. Don't skimp on the explanation! Before giving each child their materials, the teacher can explain and demonstrate, as described below. Then allow each child, one by one with their own bowl, to see the pepper scattered, touch the soap to the center of the bowl (and remind the child what the soap represents, unkind words or actions), let the child take a taste of the sugar, then pour the sugar slowly in a thin stream in the center of the bowl, again reminding them what the sugar respresents.]

Sprinkle pepper liberally on the water. Tell the children that the pepper represents the people around her -- her friends, brothers and sisters, parents and teachers. You can name names, and talk about how she interacts with those people in real live. Discuss the fact that how we get along with those people is largely determined by how we treat them and speak to them. Words can be very powerful tools, either for good or for bad, and it is important to learn positive and kind ways of speaking to our friends. If the children are old enough, talk with them about the meaning of the saying, "Sticks and stones can break my bones, but words will break my heart."

Now talk about an example of someone who does not use kind words when speaking to others. Tell the children that the bar of soap represents negative, harsh language. Have the child touch the soap to the center of the water. The soap will repel the pepper and will cause it to be dispersed to the sides of the bowl. Make the comparison that when we speak unkindly to others, they will not want to be around us, and will want to scatter.

Take a teaspoon of sugar, and pour the sugar in a thin stream from the spoon into the center of the water, comparing the sugar to the sweetness of kind and thoughtful words. The pepper will be drawn into the sugar. Talk about how being loving toward other people usually causes them to be drawn to us, and makes them want to be our friends.