**The Love Eggs-perient from *10-Minute Life Lesson for Kids* by Miller, p103**

"Science" activity that illustrates the virtue of Love

Group size: 2 or more

Ages: 4 and older

Materials:

1. Clear drinking glass filled with 1 cup of water

2. 1 fresh egg

3. 1/4 cup salt

4. Tablespoon

5. Permanent felt-tip marker

For young children, draw a face on one side of the egg with the permanent felt-tip marker (this is optional for older children). Carefully place the egg in the glass of water and observe that it sinks to the bottom. Tell the children that the egg represents someone who is not receiving love or acceptance from those around him. Sinking to the bottom represents how someone who is ridiculed or made fun of would feel -- low, sand, depressed, unappreciated.

Remove the egg from the water with the spoon, and set it aside. One tablespoon at a time, add salt to the water. As you stir in each spoonful, explain that the salt represents different ways to make someone feel loved and accepted. Name an act of love with each spoonful of salt with examples that are relevant to the child's life, such as offering to each lunch with a new child at school, bringing cookies to a new family in the neighborhood, helping someone who has fallen off her bike, sharing a special toy with a friend. Even better, have the children come up with ideas that are acts of loving kindness. After you have added all the salt, replace the egg to show how it is now supported with "love" and "held up" by the encouragement and acceptance of others.