**Science Project for Kindness**

“Sticks and stones may break my bones, but words can never hurt me.”

Have you heard this old poem before? Do you think it is true?

Examples of why or why not?

Most people agree that our words can lift people up or weigh them down. The same is true of our thoughts, because words are just symbols of thoughts.

What are some examples of words that weigh us down?

You can’t do it. You are stupid. I don’t like you. You never do anything right.

Words that are like weights or anchors make us feel heavy, discouraged, like we lack something or need to fear something. Sometimes we are even say these things to ourselves!

But did you know that Baha’u’llah says that actually, we are noble and have many, many virtues inside of us- that we are good and have so much to offer the world? His words and the words of all the Messengers of God- like Krishna, Buddha, Zoroaster, Jesus, Muhammad and Moses are words that lift us up and give our spirit wings to soar!

We can also use our words to help us feel light, lovable and positive and to help others in the world around us to feel at peace and joyful. We can turn our own negative talk inside to positive.

What are some examples of kind words that are like wings to us and uplift us?

You CAN do it. And if you are talking to yourself, you can say, I can do it! Thank you for…, You are so kind, generous, patient,

You are a good friend. I know you can do better- I believe in you.

**Share science experiment- the power of love**

So I want to show you something else- our words, once spoken, can’t be taken back- at least on the physical plane.

(small dish- or salt shaker- represents us; the salt is our words, and the bowl of water is another person.) Shake the salt into the water. “See how the words have dissolved into the other person if the other person accepts them?”

Have you every said something in an argument to someone and used names that you were sorry about afterwards?

Let’s say someone says- I don’t like you, you are the worst sister ever. I am never going to be your friend.” Once you say those words, you might want to take them back. But can you really? Could you get some of those words or salt grains out of the water for me?

Our words and thoughts go out into the ocean of thought around us, and just like the salt, they can never be retrieved, so how important do you think it is that we think carefully about what we say?

When we are mad, what can we do to calm down before we speak to others, so that we make sure that what we are saying is kind?

If we have hurt someone else’s feelings with our words, we can slowly rebuild that friendship by really trying to be kind, and that can make a big difference. If we wanted to change this water to make it sweeter instead of salty- what could we do? (add sugar)

Let’s do that!

So- remember the power of your words- to hurt or to help.