

Bullying Ice Breaker Activity – Toothpaste Tube

Never allow anyone to squeeze the happiness out of you!

You will need a large tube of toothpaste and a paper plate.

Ask each person in the group to give an example of hurtful words or actions.

As each example is given, squirt out some toothpaste onto the plate.

Then have all in the group share positive experiences and comments and ways to help others feel better.

Then have each person in the group take turns putting toothpaste back into the tube.

Observe that the toothpaste, once out of the tube cannot be put back. Just like hurtful words and actions, which can never be taken back or forgotten.

