Lesson about Gossip and rumor spreading.  Started the lesson with the toothpaste experiment

1. Take a tube of toothpaste and have each student squeeze out just a bit of it onto a plate. Tell them you are conducting an experiment to see how much toothpaste the whole class will be able to squeeze out.

2. After each person has had a turn. Begin the second part of the experiment by asking the students to get the toothpaste back into the tube. Begin to pass it around and let a few of them actually try to force the toothpaste back into the tube. {Obviously, this will be a funny and frustrating process.}

3. Talk about how gossip is a bit like the squeezed-out toothpaste. Once it is said or passed along, it is very difficult to reverse. You may want to talk to your students about the power of words and the value of a person’s reputation, as well. {Of course, this is an excellent reminder to us as adult teachers, too, to guard the stories we ourselves pass along in the workplace.}

Watched Soul Pancake video "man on the street...gossip"

Discussed the following quotes:

"If someone gossips to you.  They will gossip about you."

"Try not to take things personally; what people say about you is a reflection of them, not you."

Before you tell something to someone, ask yourself:

Is it true?  Is it something good?  Is it useful information?