Can’t Take it Back* *(filmed exercise for It Starts at Home Session 5)*

- **Main Point:** Teach your children that they are responsible for what they say—both good and bad (James 3:3–12).

- **Preparation:** You’ll need a new tube of toothpaste for each child, paper, toothpicks or coffee stirrers, a twenty-dollar bill, and a Bible. Make sure you do this activity on a surface that you don’t mind getting some toothpaste on.

- **Suggested Age:** Pre-School to Pre-Teen  
- **Estimated Time:** 15 minutes

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**Step One:**

Give each child a sheet of paper, a new tube of toothpaste and a toothpick. Tell them that you want them to draw a picture with the toothpaste on the paper. They must use all the toothpaste in the tube.

**Step Two:**

After congratulating them on their toothpaste works of art, put the twenty-dollar bill on the table and say, "The first person to get all their toothpaste back into their tube gets this money!" Tell them they can use the toothpick to help get the sticky paste back into the tube.

**Step Three:**

After a while (and your child won’t be able to get all the paste back into the tube), talk about how trying to stuff paste back into a tube is just like our tongues and the words we say. You might say, "Once words come out of your mouth, it’s impossible to get them back in. So be careful what you say because you may wish you could take it back."

**Step Four:**

Read and talk about James 3:3–12. Remind your child that we are responsible for what we say—for good or bad.

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