

Be a Good Egg

Overview

Students watch an eggshell decay over time to understand what happens when a person loses someone's trust.

Materials:

- One jar or container, eggshell, and cup of vinegar (for each child)
- Graph paper, pencils, and markers (for each child)

Procedure:

1. As a class, discuss what decay means. List examples (tooth decay, potholes, crumbling buildings, rotten food, etc.). Introduce the activity, saying: We're going to take an eggshell and show over the course of the next week what happens when something decays. Distribute a jar labeled with the student's name, an eggshell, and a cup of vinegar to each student.
2. Instruct them to place their eggshell in the jar, pour the vinegar on it, and cap the jar. Tell them they will monitor their eggshells for one week. Pass out the graph paper. Have them draw the shape of the eggshell on the paper. Instruct them to blacken the graph blocks on the paper with a marker in the same areas where their eggshell decays.
3. After several days when their eggshells have noticeable holes, ask them to think about how their graphed pictures of decay might represent lying. Field answers. Explain: Think of the black spots as lies. When we tell a lie, we aren't taking care of ourselves or others. Our character is decaying. Just as the eggshells or our teeth decay, the amount of trust people have in us also decays. What happens to the eggshell as it decays over time? Less of it is there. Have them explain why less of it is there. Mention that the eggshell also weakens as it decays. If we don't brush our teeth regularly, they can become like the eggshell. Similarly, the trust people have in us can disappear if we tell lies. Why is it important to tell the truth? Field answers.
4. Sum up the lesson: If we tell the truth, people will trust us more. They won't see our honesty decaying and disappearing like the eggshell. Truth keeps us strong.

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McREL standards

Health

Standard 7. Knows how to maintain and promote personal health.

Benchmark 1. Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails).

<http://www.mcrel.org/Standards-benchmarks/>