

# BROKEN PROMISES

*This activity shows the children a visual effect of broken promises.*

## TOPICS:

Accountability, Honesty, Promises, Reputation, Trust

## MATERIALS:

Box of spaghetti noodles

## DURATION:

Approximately 10 minutes

## WHAT YOU WILL DO:

Give each child an unbroken spaghetti noodle. Have students break their noodles into as many pieces as they can. Have each student keep his or her pieces together.

## WHAT YOU WILL SAY:

(Show the class your unbroken spaghetti noodle.) Your spaghetti noodles are all broken, but mine is not. Mine is still perfect. Can any of you put your broken noodles back together, without using anything like glue, string, tape, gum, etc.? Go ahead and try." (Give the class a minute to try.)

Were any of you able to put your spaghetti noodles back together? Why not? *(Allow for discussion.)*

Once your noodle is broken, you cannot change your mind and make the noodle unbroken. The same thing applies to broken promises. Once you break a promise to a friend or a family member you cannot change your mind and decide to keep the promise. Once the promise is broken, the damage is done; you have already hurt the person and diminished the level of trust he or she has for you. If you keep breaking your promises, you will eventually be known as someone who cannot be trusted because you do not keep your promises.

Would you rather be known as someone who keeps his or her promises or one who breaks them?

PROMISES