



TIP #24

Treating Each Other at Least as Good as an Egg!

THEORY: Relationships are fragile. Handle with care...*like an EGG!* Years of trust and connectedness can be crushed with cruel words or actions. In our everyday life, it is not uncommon for people to lack sensitivity for how they treat others, especially when they're pre-occupied with their own issues and stress. This egg activity never fails to be very powerful with a group!

IMPLEMENTATION:

Materials:

- 1 raw egg
- 1 hard-boiled egg (clearly marked with a marker)
- Plastic tarp or table cloth (for dropping the raw egg)

Instructions: Without an explanation, pass out a raw egg and have people pass it around – you will notice they will pass it to one another *very* carefully.

After everyone has had a chance to pass the raw egg, then take out a hard-boiled egg and ask someone to catch it (only you know it is hard boiled!). They are usually taken by surprise, while catching the cooked egg.

You can reassure them that it is hard boiled, and thus can withstand more “toughness.”

Then ask them to throw that (hard-boiled) one to one another. Ask them how they thought this activity related to relationships.

To really make a dramatic point, with the raw egg that was passed around, throw it onto a plastic tarp on the floor. Make the point that if we are rough with people's feelings and do not handle with care, feelings as well as relationships can be splattered and just like Humpty Dumpty, it will never go back the same way.

In the brainstorming, you might summarize with these points:

1. Relationships are fragile and we handle the egg more carefully than we do our relationships.
2. Treat one another like the raw egg. Even though we often treat one another like we are hard boiled—we ignore feelings and do not pay enough attention to handling each other gently.
3. Don't take others for granted. Spend more time nurturing your relationships. Take extra time and caution like you did when the egg was raw.
4. The hard-boiled egg was exposed to boiling water – that is how it became hard. We all can become hardened by adversity, but that does not mean you can toss each other around like there is no sensitivity. Handle with care!

PROCESSING: Are you more like the raw or hard-boiled egg? How do you treat those close to you? How do you treat others outside of your family and close friends? Did you handle the raw egg we passed around more gently than you handle your loved ones? How can you handle them with more care?