

*Those who are careful about what they say keep themselves out of trouble.
Proverbs 21:23*

School's out!

That means summer is here and everything that goes along with it: biking, hiking, lazy days at the beach, and picnics complete with barbecue, corn on the cob—and watermelon!

Spitting out watermelon seeds is a great way to give kids a picture of the impact their words have. That's what this watermelon activity & lesson does—gives your kids a fun way of looking at what words are good and what words are better left unsaid.

What you'll need for each person

Several slices of watermelon *with seeds* and a paper plate.

Watermelon spitting contest

How to play

1. Give each person several slices of watermelon.
2. Set a timer for 1 minute.
3. Each person has to spit out as many seeds onto the plate as possible during that time.
4. The person with the most watermelon seeds on the plate wins.

Craft

<https://www.craftcreatecook.com/watermelon-wreath/>

Snack

<https://hungryhappenings.com/strawberry-kiwi-fruit-pizza-watermelon/>