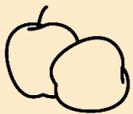


# Bruised & beautiful apples

1-3

**Objective:**

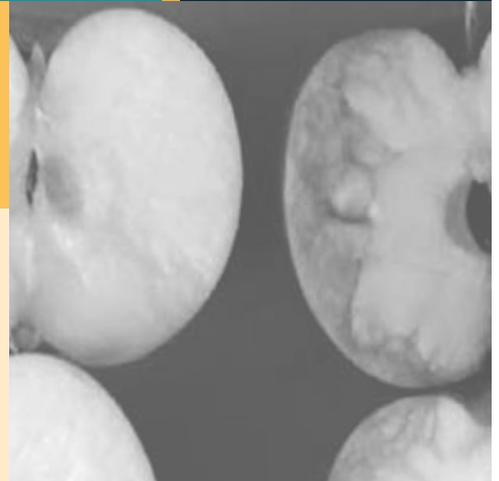
To illustrate the harmful effects of bullying.

**Materials:**

- Two apples,  
same size  
and colour



- Apple template  
sheet  
(see page 3)



*The apple story in this activity is adapted from a Facebook post by user [Relax Kids Tamworth](#).*

**Method:**

- Before the lesson, repeatedly drop one of the apples on the floor to make sure it is bruised. You shouldn't be able to see this damage – both apples should look perfect.
- Introduce your students to the two apples. Talk about how the apples look the same: both are red, are of similar size and look juicy enough to eat.
- Pick up the apple you dropped on the floor and tell the students how you dislike this apple, that you think it's disgusting, it's a horrible colour and the stem is just too short. Tell them that because you don't like it, you don't want them to like it either, so they should call it names too.
- Pass the apple around the circle calling it names – for example, 'you're a smelly apple', 'I don't even know why you exist', 'you've probably got worms inside you', etc.
- Then pass the other apple around, but say only kind words to it, for example, 'You're a lovely apple', 'Your skin is beautiful', 'What a beautiful colour you are', etc.
- Hold up both apples and again talk about their similarities and differences.
- Then cut the apples open. The apple the class has been kind to is clear, fresh and juicy inside. The apple the class said unkind words to is bruised and all mushy inside.

### Extended activity:

- Why does the apple look so different on the inside compared to the other apple?  
When people say things that hurt, they often can't see the damage they're doing on the inside. The person may appear fine on the outside, but be really hurt on the inside.  
By contrast, kind words can be used to build someone up and make them feel good on the inside.
- Reflect with your students:
  - What could we have done differently to stop the apple from becoming so bruised?
  - If someone had stood up and said we should stop being so mean to the apple, would it have become so bad?
  - Now that the bullied apple is so damaged, is there anything we can do to make it clear again?
- No matter how many kind words we say to this apple now, we cannot make those bruises go away. In the same way, we can make a person who has been bullied feel better, but they will always have the memories of the hurtful things that were said to them.  
This is a good time to introduce (or reinforce) the term 'empathy', or seeing things from another person's point of view.
- Ask your students:
  - How would it have felt to be the bullied apple?
  - How would it have felt to be the beautiful apple?
  - What are some ways we can show each other empathy every day?
- Hand out an Apple Template (*on over page*) to each student and have them write their name at the top of the page.

Ask your students to pass their apple sheet around the class.

Each classmate will write a word or short sentence inside the apple describing what they like about the student whose name is at the top.

Whanganui East School's Room 2 with the unhappy apple.



Name: \_\_\_\_\_

