

# Bruised and Beautiful Apples

Suitable for



## Outcome:

To effectively illustrate the harmful effects of bullying.

## Background:

Rosie Dutton, a teacher from Birmingham, UK, posted on her Facebook page (Relax Kids Tamworth) a bullying prevention lesson she used. Since then the lesson has been liked more than 160 thousand times and the story has gone viral as people share her excellent example. “Wow, I didn’t expect this to get this kind of reaction,” she wrote on Facebook. “I hope we can take the apple lesson forward and start to open up a conversation with our children about the pain our words may cause.”

“Unlike an apple, we have the ability to stop this from happening. We can teach students that it’s not ok to say unkind things to each other and discuss how it makes others feel. We can teach our students to stand up for each other and to stop any form of bullying. More and more hurt and damage happens inside if nobody does anything to stop the bullying.”

## Materials:



- ☐ Two apples – same size and colour.



## Method:

- Prior to the lesson, repeatedly drop one of the apples on the floor to ensure 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 is disgusting, it is 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

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- 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.



### **Whanganui East School's Room 2 with the unhappy apple**

At Whanganui East School, Circle Time provides an opportunity for the children to talk about how they are feeling. It encourages the students to share a problem they may have and are unsure of how to solve. As a class they can come up with strategies that may help.

During one of their Circle Times, Whaea Jordy brought in two apples – one called Andy and one called Andrew. They both looked juicy and delicious enough to eat. During Circle Time the class passed around Andy and said mean things to this apple, such as “You don’t look like a nice apple” and “I would never eat an apple like you”. They then passed around Andrew and said lots of nice things like “What a lovely red apple” and “You look so delicious, I could eat you right now”.

The students then studied the two apples. On the outside they still looked the same and very delicious to eat. Whaea Jordy cut the apples in half and Andy was all brown and bruised inside. He looked really hurt; whereas Andrew was still firm and white. He looked fine inside. Student Chloe Kelly said: “If we say mean things to people, they look the same on the outside, but they are hurting on the inside.”