



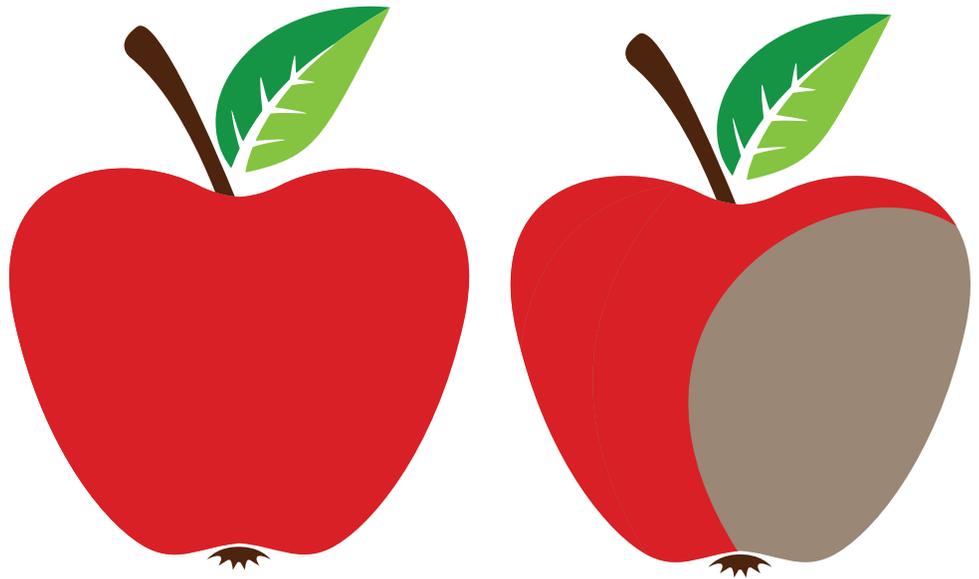
Anti-Bullying Activity: The Beautiful and the Bruised Apple

Description

Aimed at anti-bullying, this activity shows kids how unkind words affect others with a simple yet impactful apple demonstration.

Supplies

- 2 Red Apples
- Knife
- Cutting Board



Activity Steps

1. Before the activity, take one of the apples and hit it against a table to cause bruising on the inside of the apple (but don't let the kids see you do this, and try not to damage the outside of the apple).
2. Have kids sit in a circle on the floor and hold up both apples. Ask them to describe the similarities between both apples.
3. Next, take the "Bruised" apple and begin to call it names or tell it how "horrible" it looks. Tell the kids that because you don't like it, you don't want them to like it either.
4. Pass the apple around the circle and have everyone make fun of it and call it names. When everyone has had a turn, put it to the side.
5. Now take the "Beautiful" apple and give it praise and compliments. Pass it around the circle so the kids can do it too.
6. Place the "Beautiful" apple on the cutting board and slice it in half. Say something like "The apple we were kind to is so fresh and clear on the inside!"
7. Then cut the "Bruised" apple open and say something like "The apple we were bullying and unkind to is all bruised and mushy inside!"
8. Ask the kids why they think it's bruised? How do they feel when others say unkind things to them?
9. Use it as a conversation starter to have the kids discuss how they feel and situations they've experienced. Make a point to ensure they understand that when kids are bullied, they feel bruised on the inside, but may not show it on the outside, and how they can help when they see others being bullied.

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