



FRIENDS AT HOME, FRIENDS ABROAD

LESSON PLAN

THE APPLE EXPERIENCE

Recommended age: 4+



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LESSON GUIDE

Through student-centred discussions and activities, students will be exposed to the relationship between physical and emotional aggression and will discuss techniques and resources for dealing with violence and bullies.

Students will participate in group discussions, moderated by the teacher, to gain a better understanding of basic humanitarian values such as empathy, mutual help, or non-discrimination.

LEARNING OBJECTIVES

- Recognize the practice of bullying as a negative attitude, which can hurt others.
- Demonstrate empathy for others through positive attitudes.
- Identify the actions that can characterize the practice of bullying.

MATERIALS / PREPARATION

- Image of two apples.
- Two real apples (one red, one green).
- Paper strips.
- Cardboard.
- Colour markers.
- Glue.

INITIAL PROCEDURES

Suggest that students view the short story¹ available at:



<https://youtu.be/YyDJafzuUK4>

The short story is not spoken, but the teacher may need to pause to translate the available English titles.

Note: This video is just a suggestion. Teacher can choose another one more suitable for their students or age group.

Start a small group discussion about what the students have just seen.

Teacher may ask some questions or address certain topics:

- What reactions did this video provoke?
- How do you think that boy felt?
- What signs did that boy show that something was wrong with him?
- What do they think hurt the most? Physical aggression or emotional damage?
- What are the differences between one time teasing and bullying?
- How can we help someone who shows signs of being bullied?
- (...)

We hope that the student will be able to empathize with that boy's experiences and understand the need to seek help if he or she is being subjected to some type of physical, verbal, or emotional aggression.

¹ This video was created by Veterans Memorial High School student, Fabian Gutierrez as a part of a class project. Bullying can be stopped. Story and animation by Fabian Gutierrez. Music by Matia Cupelli. Pro Lighting by Andrew Price. Additional models and textures by Members of the BlendSwap Community.

THE APPLE EXPERIENCE

ACTIVITY 1 - Emotional Bullying

Show two apples, one red and one green.



Ask students to say only nice words/compliments to the red apple.

Then ask the students to say only offensive words to the green apple.

Next, ask the students how they think the two apples feel.

At the end show an image of the two apples, one happy and one sad.



ACTIVITY 2 - Physical Bullying

Show two real apples (equal) of the same colour and size.

Throw one of the apples to the floor and leave the other on the table.

Ask students how they think the two apples are.

Open the two apples and show that the apple that was on the table has the normal colour. The other one on the other hand was spoiled.

Dialogue with students showing how people who are physically attacked feel, even if they look good on the outside, inside they are hurt.

ACTIVITY 3 - Compliments Box

Ask each student to choose a classmate with whom they don't have much affinity (they don't talk or play much, for example).

Ask for every day during the week, write a compliment to that colleague and put it in a box.

At the end of the week, open the box and read the messages.

Discuss as a group the messages read and the changes made. How did they feel, who wrote the compliments and who got the compliments?

ACTIVITY 4 - Compliments Tree

Draw the structure of a tree on a card and paste the compliments recorded by the students during the week.

Display in the classroom.

