

The Bruised Apple Lesson

We took two apples that look very similar, and before the lesson, we bruised one of the apples, being careful not to break the skin.

We asked the children if the apples look the same on the outside and they said they did.

We then passed the bruised apple to each child and asked them to say something unkind to the apple, like “you’re annoying”, “I don’t like you”.

We then passed the other apple to each child and asked them to say something nice to the apple, like “you look nice today”, or “hello, would you like to play with me?”.

We then showed the children the apples again and asked them if they looked any different. They said no.

We then cut the apples open and said to the children:

“The apple that you spoke to with kindness is not bruised on the inside, but the apple that you were all unkind to, is bruised and mushy”

We don’t always know how our words can affect people on the inside.

