

PUTTING YOURSELF IN SOMEONE ELSE'S SHOES:





SLIDE 2: ANDY THE APPLE AND HIS PAIN. (15 minutes)

Goals:

- Help children empathise towards something, considering potential pain of the subject
- Support children to understand the severity of harm towards someone that is bullied
- Encourage children to discover and understand other children's feelings
- To explore the options children have if they are experiencing bullying

Material:

- An apple
- Knife

Experiences and outcomes

Potential outcomes which may be reached by engaging in these activities:

- *I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a*
- *I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a /*

HWB 4-04a

- *I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. **HWB 0-08a / HWB 1-08a / HWB 2-08a / HWB 3-08a / HWB 4-08a***

Ground rules: Before you start, set some ground rules about respect and the importance of listening to each other. Warn that some might feel upset and give advice on how to address this. For example, by suggesting that a child speak to a teachers or adult if they feel upset or uncomfortable.

GROUP ACTIVITY: Show the children the apple and tell them it is called Andy. Knock the apple, or drop it, several times and call the apple names. Ask children how much they think that the apple Andy is hurt (how many of you feel 6 out of 10? 7 out of 10? And so on), observing its surface. Then cut the apple and ask children to observe how the apple is inside. They will note all the bruises inside, showing how the inside is more hurt than what they can observe from outside. Ask them to reflect again on how sometimes people that are offended do not show their pain but they are very hurt inside. Explain how Andy might be hurt even if not showing it.

- Can you think of a time when you were hurt?
- Did you show your feelings?
- Did you tell anyone how you felt?
- What happened next?
- Have you noted that someone was hurt in the past but did not say anything about it? What do you think they were thinking or feeling in those situations?
- How could you tell/guess their thoughts/feelings?
- How might you help someone who you think is feeling hurt?
- What can children do if they are being bullied?

SLIDE 3

Ask the following questions:

Can you think of a time when you were hurt?

Did you show your feelings?

Did you tell anyone how you felt?

What happened next?

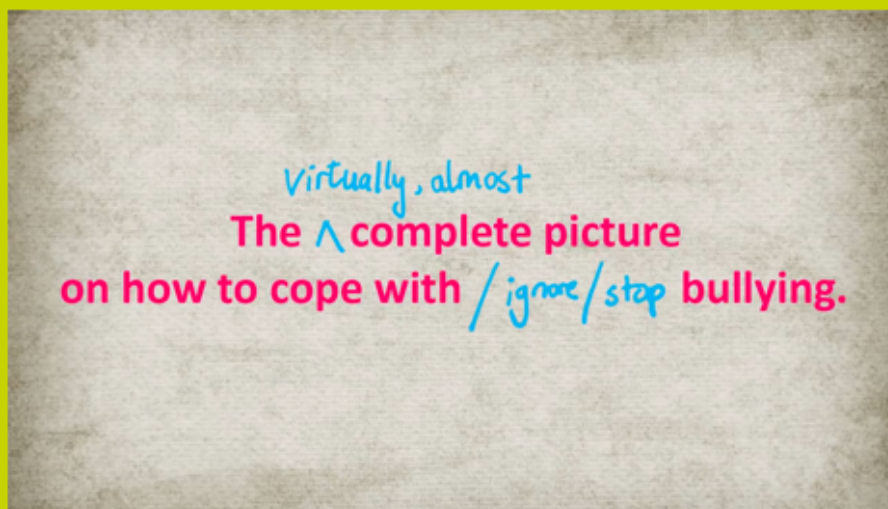
Have you noted that someone was hurt in the past but did not say anything about it?

What do you think they were thinking or feeling in those situations?

How could you tell/guess their thoughts/feelings?

How might you help someone who you think is feeling hurt?

What can children do if they are being bullied?



Bullying What Can I do?

Slide 4:

You could conclude this session by playing the video: 'Bullying What Can I do?' and facilitating a conversation about what kind of options the young people think are most effective. respectme has developed a set of guidance notes to help you facilitate this conversation.

Video - <https://youtu.be/KSbV1W-nmqo>

Notes - http://respectme.org.uk/wp-content/uploads/2017/11/Learning_Resource_Responding_What_are_my_options.pdf

Project partners

Respect Me

GATE BULL- project -University of West of Scotland

These materials have been developed by Dr Leyla De Amicis and Dr Maria Sapouna, respectively Researcher and Senior Lecturer at the University of West of Scotland in partnership with respectme. Some of the materials have been derived from work relating to UWS's current EU-funded GATEBULL research project, and presented within the ESRC Social Science Festival "Stop the bullying: Discover the Hero inside you!". The international GATE BULL project involves Scotland (lead country), The Netherlands, Slovakia and Greece as partner countries and has developed a whole

school intervention to prevent and reduce prejudice based bullying among school age children. Other sources these materials have drawn are:

- Equality and Human Rights
Commission: <https://www.equalityhumanrights.com/en/secondary-education-resources/lesson-plan-ideas/lesson-2-developing-empathy>
- Relax Kids Tamworth <https://www.facebook.com/RelaxKidsTamworth/posts/today-in-one-of-our-classes-i-introduced-the-children-to-two-apples-the-children/1651876848470287/>