

APPLE EXERCISE - STEREOTYPING/PREJUDICES

AIMS - To raise people's awareness of stereotyping/prejudiced behaviour due to their own experiences either from friends, family, media society etc.

Materials - Apples (one per person)

Plate

Knife

Method

1. Give each person in the group an apple
2. Ask them individually to look at their apple and to spend about two minutes giving their own apples a personality. (For example what sort of life it has had so far, whether it is happy or sad, lots of friends, successful etc.)
3. Show this to the group by giving your apple a personality and label etc.
4. Now go round the group and ask each person to tell the group about their apple.
5. Once this is done highlight how all the apples were given some form of label and judged on appearances.
6. One at a time take the apple from individuals cut in half across the core and return to its owner asking them to hold the two pieces together.
7. Repeat this until the whole group has been covered.
8. Now ask the group to open their apples together and ask them what they see.
9. Hopefully they will see a star shape!!
10. Now explain how despite the different labels/judgements they are all the same on the inside. RELATE THIS TO PEOPLE AND SOCIETY!!!!