

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: SHOWING RESPECT
CASEL COMPETENCY: SOCIAL AWARENESS

ACTIVITY INFORMATION

Activity: Kiwi Activity
Grade Levels: K-6
Prep Time: 10-15 min
Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Kiwis, green paper, brown paper, art supplies, writing materials
Preparation: Cut out brown circles and bright green circles out of card stock

ACTIVITY

At the beginning of the activity, pass out a kiwi to each child. Instruct students to explore the outside of the kiwi and to make a list of as many adjectives as they can that describe the kiwi. Perhaps recommend having students pair up to do this part with one student recording the words at a time. After everyone has come up with the list for the outside of the kiwi, ask students to share some of the adjectives they come up with. Students usually use words such as ugly, hairy, gross, creepy, etc.

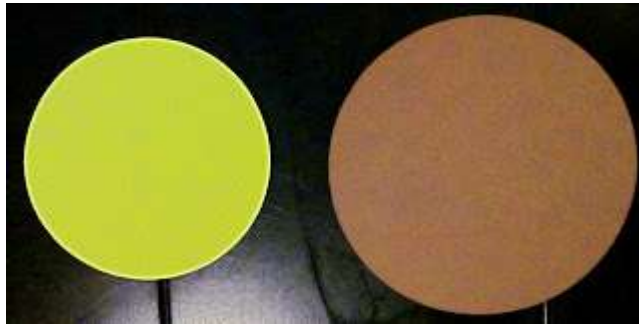
Then pass out plates, plastic knives and plastic spoons to the children. Instruct them to cut the kiwi in half and scoop the center out with a spoon to taste it. Then instruct students to record a list of words that describe the inside of the kiwi and how it tastes. Again ask students to share their adjectives with the group. Students use words like sweet, sour, bright, tasty, colorful, cheerful, etc.

At this point, ask students to explain what they notice about their two lists of adjectives. Someone usually points out that the words for the outside are negative and the words for the inside are more positive. Students usually also say something like "If I just looked at the kiwi, I wouldn't eat it," or "It tastes really good but you wouldn't know that by looking at it."

This begins a discussion about being judged and stigma. Talk about how people sometimes make assumptions about each other because of how they look or the way they dress. Students share stories about times they were judged by the way they dress, how dark or light their skin is, their religion, background, ethnicity, etc.

Ask students what they think the take-away message is for this lesson. Students say "Don't judge someone by the outside," and "It's what's on the inside that counts!"

After the activity, have students glue their kiwi pieces together and decorate the inside of the kiwi with seeds. Invite them to write a message they learned from the lesson on their kiwi.



Card stock circles



Completed kiwi