

Banana Split

Acceptance of Others Activity



Objective:

Explore the effects of saying hurtful things to another person.

Age:

8 to 12 years.

Length:

Approximately 5 to 10 minutes.

Supplies and Materials:

One banana.

Pre-slice the banana without peeling. To do this, insert a long darning needle into one side through the skin and push until you feel the inside of the skin on the other side. Move the needle back and forth to “slice” the banana. Slice about every ½ inch. Draw a smiley face on the banana with a marker. When you peel the banana later in the activity, you will want it to fall from the skin already sliced.

Activity Directions:

1. Have participants sit on the ground for a short story about your friend Banana Split. A sample script is as follows:

This is my make-believe friend Banana Split. Doesn't he look nice? He went to a make-believe camp a few weeks ago, but he did not really enjoy himself. You see, the other kids made fun of him and said mean things. Can you imagine what they might have said? *(Let participants share, for example, you are too tall, you have funny spots, you are too slow.)*

How do you think those mean words made him feel? Did you know that words can hurt you inside? But Banana Split kept on smiling – see his smile. Even though he was hurting inside, he didn't let any of the kids know.

Sometimes when we say things that are not nice to other people, they look the same as they did before, so we may not know they are hurting inside. But, we can see inside Banana Split. *(Begin to peel the banana, showing how he is already sliced.)*

Look at Banana Split inside. He is in pieces. If we try to put him back together (*try to put the pieces back together*), he will never be the same.

2. Briefly discuss how it is best to try not to say hurtful things and look for kind things to say. For example, you can tell someone you liked how they played a game or how they helped someone. Also discuss how people may be hurting on the inside from being teased or criticized, even though they don't show it on the outside.



Take Home Tidbit

Take home slip says the following:

“Ask me to tell you the story about Banana Split that I heard at the WIN Kids Fun Day.”

You may reproduce WIN Kids Fun Days activities and handouts for educational purposes but not for sale purposes. Please credit as follows:

WIN Kids Fun Days, Wellness IN the Rockies, www.uwyo.edu/wintherockies

WIN Kids Fun Days • Wellness IN the Rockies
Dept 3354, 1000 E. University Ave • University of Wyoming • Laramie, WY 82071

Wellness IN the Rockies is a community-based research, intervention, and outreach project to improve the health of residents in Idaho, Montana and Wyoming. Supported by award 0004499 through IFAFS (Initiative for Future Agriculture and Food Systems) Competitive Grants Program/USDA. www.uwyo.edu/wintherockies 1011

