

Appearances can be Deceiving

Content Area: Mental Health, [Growth & Development](#)

Infusion: Language Arts, Social Studies

Grade Level: 3-Adult

Time: 10-15 minutes

Materials: Butcher block paper (one sheet for “Inside” and one for “Outside”)
Marker
Tootsie Roll Pops (either one for display, or as many colors as possible so each student may have one)

Objectives:

1. At the completion of the lesson, students will be able to explain the risks of making assumptions.
2. After completing the activity, students will be able to describe similarities and differences among people.
3. After discussion, students will be able to

NHES:

- #1 [Students will comprehend concepts related to health promotion and disease prevention to enhance health](#)
- #2 [Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.](#)

History Note: The candy debuted to the public in 1931. In addition to **chocolate** (the original flavor), Tootsie Pops come in **cherry**, **orange**, caramel, grape, **raspberry**, strawberry, watermelon, **blue raspberry**, candy cane (seasonal), and now, pomegranate, banana, blueberry, and green apple flavors.

Note: For students with special dietary needs: Tootsie Roll Pops are gluten-free, peanut-free, nut-product-free and Kosher-certified.

Preparation:

Prepare two (2) sheets of butcher block – one labeled “Inside” and the other “Outside”

Procedures:

1. Brainstorm how students would describe the outside of a Tootsie Roll Pop.

Possible responses: hard, different colored wrappers, different colors, different flavors, need 600-800 licks to get to center, etc.

2. Brainstorm how students would describe the inside of the Tootsie Roll Pop

Possible Responses: Soft, chewy, supported by lollipop stick

3. Small group discussion: Divide class into groups of 4-5, and have them select one person as the recorder for the group. Option: Use following as guide for whole class discussion, and record on butcher block or chalk/Smart board.

- a. Describe how Tootsie Roll Pops are like people (inside and outside)
- b. How would you compare the different flavors with outer differences among people?
- c. Do you choose friends in the same way you choose Tootsie Roll Pops (e.g., wrapper = clothes/hairstyle; wrapper based on previous experience, etc.)
- d. Why do some people (like Tootsie Roll Pops) have a crusty/hard exterior?
- e.

4. Discussion

a. Think about how you look forward to getting to the center of a Tootsie Roll Pop. How much do you look forward to getting to know someone new? What type of effort do you make to get to know them?

b. Can you give an example about judging someone based on the outside, to find out later that s/he was different on the inside?

c. If you use the analogy of unwrapping the Tootsie Roll Pop to coming out of the closet and the stick represents support. Who are your support people?

d. Do you try different types of Tootsie Roll Pops or always choose the same type? Do you find yourself choosing the same types of friends, or do you sometimes move out of your comfort zone when getting to know someone new?

e. Summarize:

1) Everyone has something valuable inside that we may be able to see at first. The soft center represents what we all have in common: feelings, hopes, dreams, fears, and insecurities.

2) We often use a hard outside to feel safe and protected, to hide our soft core. However, that hard outer shell can prevent other from getting to know what's special about each of us.

3) Making an effort to get to know what makes someone special on the inside helps us learn, grow, and practice tolerance.