Do you know the idiom ‘apple of my eye’?
Do you know what ‘apple of my eye’ means?

When we say something is the ‘apple of my eye’ we mean that it is something very special to us, something that we value above others.

Another phrase that means the same thing is: ‘the light of my life’.
Origins: the story

This phrase originated a very long time ago, due to the fact that in the past there was no word to describe the pupil of the eye. Instead, it was referred to as an apple as this was the most common solid and round object.

Sight was regarded as being very precious, therefore if someone was the ‘apple of your eye’ it meant that you held them as being very valuable and precious too.

Some people cite Shakespeare’s *A Midsummer Night’s Dream* in the early 17th century as one of the first uses, but it also appears in *Gregory’s Pastoral Care* by King Aelfred (the Great) in around 885AD (a long time before Shakespeare was born!).
Examples

1. The parent whispered ‘you are the apple of my eye’ to their sleeping child.

2. ‘You are the apple of my eye and I cannot imagine living without you.’
Consider

• Have you ever been told you are the apple of someone’s eye, or felt that someone is the apple of your eye?

• What was your relationship like?
• How might your feelings have affected that relationship?

• How might valuing others change how we treat them in different situations?
• For example, if we remembered someone was the apple of our eye in the middle of an argument, might that change how we act?