LEARNING OBJECTIVES:
To be able to think of different ways to ask for forgiveness.

Script:
“Saying sorry is not always easy. It can be difficult to admit that we are wrong and to find the right words to say when we want to apologise to others. If we find it difficult to actually say the words face to face to someone then maybe we could think about writing it down.”

Suggested Resources:
Sample ‘Sorry’ poem resource – Forgiveness Year 3 Poem.

Suggested Activities:
Share the poem with the children. It could be read aloud together or even learned by heart. Discuss the content of the poem and the words that the person has written, what they are trying to say. Now explain to the children that they are going to write their own poems to say sorry to somebody that they care about. They could write one to a friend, a teacher, a family member etc... Explain to them that they may want to think about a real situation that they are sorry for – maybe a mistake they made in the past.

Plenary:
Allow some of the children to share their poems if they feel comfortable doing so. Discuss with the children why it makes people feel happier when they have apologised, asked for forgiveness and been forgiven.

Character Coaching
Guidance:
Forgiving others helps us to be filled with positive feelings. It also means that the person we forgive feels better too.
Is there anyone who might need your forgiveness?

Meaningful Praise:
Your contributions to the lesson today were excellent. You have really shown how much you understand the way that forgiveness makes us feel.

Correction:
Try not to put your own feelings first.
Find a way to ask for forgiveness that is also best for the person you have hurt.
You might need to use some forgiveness to repair your friendship.