

FORGIVING WORDS



LEARNING OBJECTIVES:

To know the things that we can say to show that we have forgiven someone.

Script:

“Last week, we talked about saying sorry to people. Can anyone remind me of the words we learned?” (Remind the class of the four stages.) “Today, we are going to think about the part where we asked for forgiveness. We are going to imagine that someone is asking us to forgive them and think about what we might say to them in return.”

Suggested Resources:

Resource Sheet - Forgiveness Reception Forgiving Words.

Laminated cut-out heart and brain (mind); laminated small weights (one for each child); and Blue-tac.

Suggested Activities:

Ask the children to think about words they could say when they are sorry and things that they might be sorry for. You may want to ask them to think about things that they may previously have done wrong. You could use the scenarios from the previous week to prompt thinking. Record the children’s words and ideas on the whiteboard. Now ask the class to say sorry together, ask for forgiveness and say that they will try hard to not do those things again. Now pick

up your board rubber and clean the board whilst saying aloud the words ‘I am wiping the slate clean’. Explain to the children what this phrase means, that when you forgive someone, you start afresh, like wiping the slate clean.

Ask the children what types of words or phrases they could say to someone that asks them for forgiveness. e.g. ‘That’s ok’; ‘Don’t worry’; ‘I forgive you.’, ‘I’m still your friend’; etc..

Now tell the children that when we say sorry and indeed when we seek forgiveness or are forgiven by others, it takes the weight of worry from our minds and hearts. Display the large, laminated mind and heart and hand each child a picture of a weight with Blu-tac on the back. Ask each child to think about a mistake they may have made or something that they may have done wrong, and then they should stick the weight onto either the heart or mind.

Explain to the children that, over the coming weeks, they are to try hard to say sorry if they do something wrong and also to forgive others who say sorry to them. When the children do this, they can come into class, tell their friends and then remove a weight from the heart or mind.



Character Coaching

Guidance:

We are beginning to understand that saying sorry is the right thing to do. The more we practise this, the easier it will be. The feeling that we get from doing the right thing is far nicer than the opposite. When we say sorry, we feel better inside.

Plenary:

Share the poem *Forgiven* by A A Milne with the children, Resource Sheet - Forgiving Words. Discuss how the poem shows forgiveness.

Meaningful Praise:

It takes courage and strength to say sorry and also to forgive others when they have done wrong. I am really pleased with the strength and courage that you have all shown today.

Correction:

It's hard when other people do things that upset us. Can you think of a kind way of reacting if someone has done something that might upset you, but they have said sorry?

