

I BEG YOUR PARDON



Forgiveness is:

- * Having a change of feelings from negative to positive.
- * Accepting someone's apology and not holding a grudge.
- * Letting go of negative feelings towards people who may have done wrong towards us.

Without forgiveness:

- * People would hold on to negative feelings towards those who have done wrong towards them.
- * Friendships would probably not last very long.
- * Conflicts would not get resolved.

LEARNING OBJECTIVES:

To be able to know how to seek forgiveness from others when we have wronged them.

Script:

"Nobody likes to hurt the feelings of others or to upset other people. Sometimes however we make mistakes and we cause other people to be upset. At times like this, it is important to admit that we are wrong, to say sorry and to seek forgiveness. In today's lesson we will be exploring this further, to help us to gain confidence in this process. What does the phrase 'I beg your pardon mean?'. How many of you have heard it before?" Establish with the children the meaning of the phrase.

Suggested Resources:

Forgiving Hands Heart worksheets (1 per child).

Suggested Activities:

Ask the class to sit in a circle and think of an act that people may need to seek forgiveness for, e.g. telling a lie, not sharing, being unkind, etc.. Now ask the children one by one to share their idea. They should share this by turning to the person on their left, crossing their right arm over their left to offer 'a hand of friendship' to the person. They should say, 'Please forgive me for ...'. The person to their left crosses their own arms and offers their left hand so that the pair hold hands. This continues around the circle until the whole class has joined hands.

Plenary:

Hand out the 'Forgiving Hands Hearts' worksheets. Ask the children to write on the left hand the things that they are sorry for and pass their sheets on to a friend. Next, the friend writes on the right hand words of forgiveness.



Character Coaching

Guidance:

How can we be kinder to others through our words and actions?

Meaningful Praise:

It has been so pleasing to see the way that you have not only sought the forgiveness of the people around you but you have shown that you are able to show forgiveness to others.

Guidance:

Seeking forgiveness from others and also being forgiving can be very difficult things to do. Don't be too hard on yourself if you find this difficult.

Correction:

I see you are having a difficult time with X, and you are upset. How might forgiveness change things?

