

# WHY SHOULD I FORGIVE?



## 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 understand how forgiving someone helps ourselves and others.**

### Script:

“Forgiveness is a decision that we make. When we forgive someone, it is something that we choose to do. It does not mean that we think that what the person did to upset us is right, but rather that we can move on from it and not hold a grudge against the person. Today, we will try harder to understand the comfort and positive feeling that we can experience as a result of being forgiving.”

### Suggested Resources:

Forgiveness Year 3 Worksheet: Forgiveness Scenarios.

Blank card cut out to write children's ideas on (you will need several pieces for negative emotions and the same for positive).

### Suggested Activities:

Ask the children to think of synonyms for the word 'sad' and then the word 'angry' – record their ideas onto the strips of card and display them. Now, hand

each child a strip of card and ask them to write on there a synonym for 'happy'. Again, display these for the class to see.

Now hand out the first scenario contained in the 'Forgiveness Scenario Worksheet' to the children – one per group. Now give half of the groups Ending 1 and the other half Ending 2. The children do not need to know that different endings have been distributed. Ask the children to work in groups to select emotions from those discussed earlier that the children in this scenario would be feeling at the end. When the children have completed this task, share with the class the two different endings and the emotions that have been chosen for each. Compare the different emotions and discuss which the children would prefer to feel. You can repeat this activity with the second scenario – change over the endings so that the groups have a chance to explore both positive and negative emotions within their groups.



## 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.

### Plenary:

Ask the children to come up with their own scenarios and opposing endings. Ask them to record which of the endings they would prefer and to explain why, using some of the feelings words.

