

FEELINGS OF FORGIVENESS



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 recognise and understand how we feel when we forgive others.

Script:

"As we grow up, we begin to recognise and understand the emotions that we feel at different times in our lives and in different situations. Today we will be thinking about these different emotions and we will be trying to consider which emotions we would rather feel."

Suggested Resources:

Symbols worksheet - Forgiveness Year 4.

Suggested Activities:

Ask the children to think about a time when someone upset them or did something wrong towards them. Ask them to draw a picture of how they felt at this time and label the picture with words that describe

how they felt. Now ask the children to imagine/remember how they would have felt/did feel when/if they were apologised to and forgave the person. They should now draw an image of this and again label it. Collect in the emotions words for these positive emotions. Show the children the symbols of peace, happiness and love. Discuss the different images and explain to the children that you want them to take one of the positive emotions and design their own individual symbol for that emotion.

Plenary:

Create a class display of the different symbols. See if the children can work out the emotions symbolised by the drawings of their peers.

Character Coaching

Guidance:

We have to try and understand our feelings as we grow up and this can sometimes be difficult. Is there anyone who might need your forgiveness?

Meaningful Praise:

I am delighted that you have been able to show forgiveness after what happened. Did you notice the effect that it had on you and those around you?

Correction:

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

Share with the children the following phrase by Mother Teresa: 'It is by forgiving that one is forgiven'.

