

# FORGIVING MYSELF



## LEARNING OBJECTIVES:

**To be able to understand that there are times when we need to forgive ourselves.**

### Script:

“Today we are going to look at the times when we have done or said things that we should not have over the last week and understand that it is okay to forgive ourselves and move on, trying to not make the same mistakes again.”

### Suggested Resources:

Coloured post-it notes; wood; paper; kindling; matches; fire pit; etc..

## Character Coaching

### Plenary:

Ask the children to create a list of three things that they could do if they have upset someone else or made them unhappy.

### Guidance:

Please be forgiving to yourself when reflecting on the things that you have done wrong.

### Suggested Activities:

Distribute post-it notes to each child at each table and ask them to write down three things that they have done or said that they should not have. Collect the post-it notes together and take the children outside to a fire pit/bin area where these can be lit by the teacher as a symbol of forgiveness and moving on in their lives. If appropriate for your school, say a prayer of forgiveness as the paper burns or ask the children to sit silently for a moment of reflection. Ask the children how they felt when their ‘wrongs’ were set alight and burnt.

### Meaningful Praise:

Learning to forgive ourselves can be very hard and I think you have done very well at it today. What did you notice happening when you were forgiving of yourself?

### Correction:

I notice that you are sometimes very hard on yourself. Can we come up with some ways of helping you to forgive yourself a little more when things don't turn out how you want them to?

