

Colour in the word **forgive** and think about anyone you might need to forgive or say sorry to.

# Forgive

Ask someone to pick a number, then ask them the question.

1 Is forgiveness easy? Why or why not?	2 Does forgiveness mean that what happened doesn't matter?
3 Are there things you find hard to forgive?	4 What are some of the steps to forgiving someone?

LIVE LIFE TO THE MAX

## 05. Forgiveness

This week we learned:

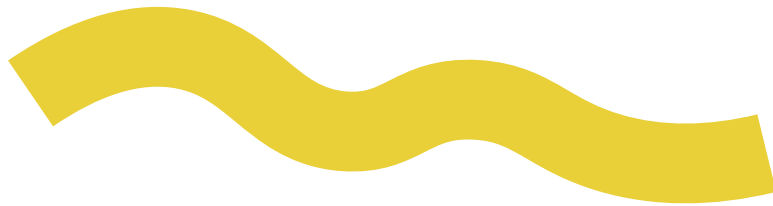
1. Forgiveness can help us let go of angry feelings and replace them with happier ones.
2. Forgiveness isn't always easy but is better for us than unforgiveness.
3. It is always good to talk to an adult we can trust if someone has hurt or upset us.

Why not tell one person at home what you learnt about forgiveness today!



Watch the film again

[www.1010.org.uk](http://www.1010.org.uk)

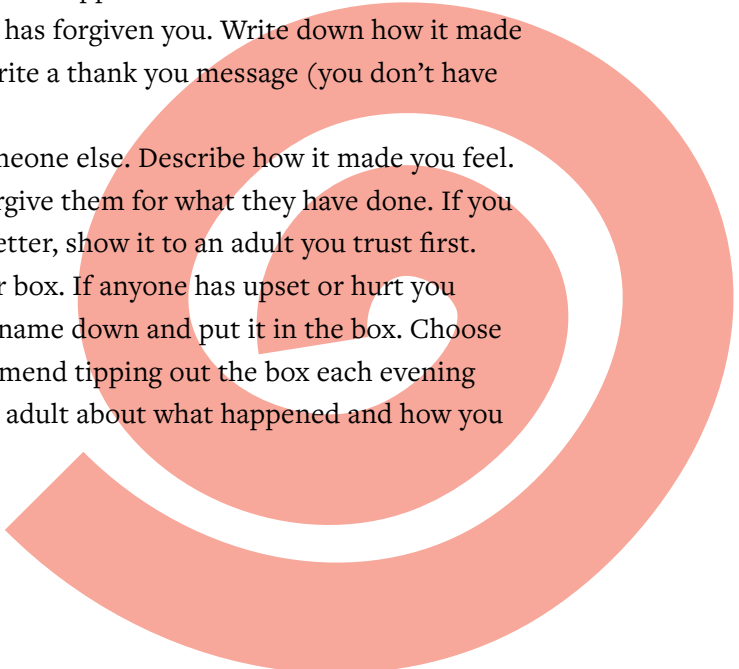


Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



- Tick if you've done it!
- If you have been hurt, are being hurt, or feel angry about something that has happened find an adult you trust and talk about how you feel.
- Talk to someone you know who has forgiven someone – ask them how they went about forgiving them and what, if anything, they found difficult. Ask them what happened as a result.
- Think about someone who has forgiven you. Write down how it made you feel. You could even write a thank you message (you don't have to send it).
- Write a letter forgiving someone else. Describe how it made you feel. Then tell them that you forgive them for what they have done. If you want to actually send the letter, show it to an adult you trust first.
- Create a 'forgiveness' jar or box. If anyone has upset or hurt you during the day, write their name down and put it in the box. Choose to forgive them. We recommend tipping out the box each evening and talking to your trusted adult about what happened and how you can forgive.



# Activity

Draw a face of how you might feel if someone:

- Told you a really funny joke?
- Bullied you?
- Gave you some of their sweets?
- Shouted at you?
- Said something mean to you?
- Chose you to play with them?

When nice things happen to us we tend to feel happy. When things happen to us that we don't like we can feel sad and angry. When this happens it is good to tell an adult and see if you can find a way to forgive them. Forgiveness is better than staying angry.