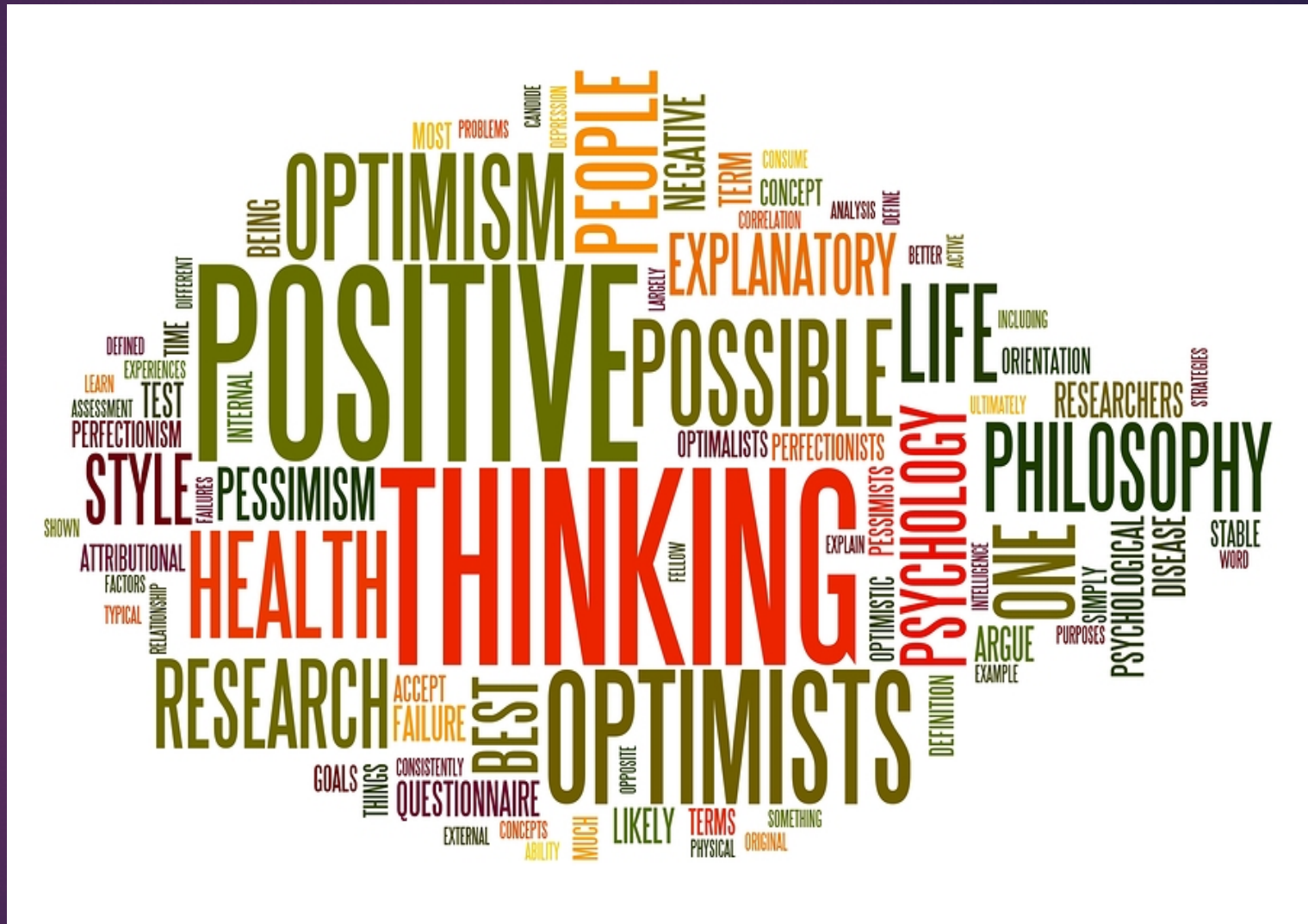


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Term 1 Wellbeing

- ▶ WALT: share some of the 'kindness' acts from our jar
- ▶ To learn about the character strength of forgiveness
- ▶ WILF: to acknowledge some of our kind acts

An understanding that forgiveness is
an important strength to have.



Kindness

- ▶ Brainstorm – some of the kind deeds that students saw/did
- ▶ Why is kindness so important in our lives?
- ▶ How do you feel when you are being kind to someone?
- ▶ How do you feel when someone is kind to you?
- ▶ Think Pair Share-an act of kindness you have done in the last fortnight



Forgiveness

- ▶ What does forgiveness mean?
- ▶ Why is it important to forgive someone?
- ▶ What are some of the feeling you have when someone hurts you?
- ▶ How does our body react when we forgive?



Forgiveness-how do we react?

- ▶ What does forgiveness look like?
- ▶ Students 'think pair share' their answers.
- ▶ In pairs students discuss scenarios that involve forgiveness
- ▶ Role Play: What Forgiveness Looks Like

FORGIVENESS

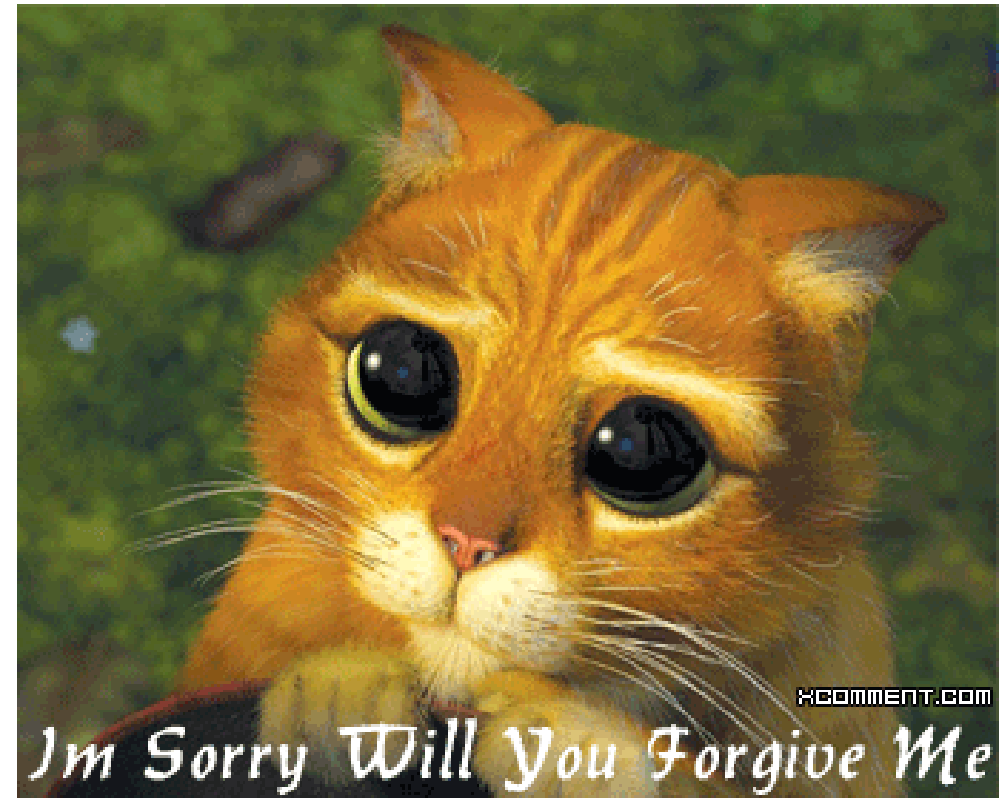
**IS SOMETHING I DO
FOR MYSELF NOT FOR OTHERS.**

**IT'S JUST AN EXPERIENCE,
I LEARN AND I MOVE ON.**

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How to Apologise

- ▶ How do we apologise properly?
- ▶ I'm sorry for
- ▶ This was wrong because
- ▶ In the future I will
- ▶ Will you forgive me?



Forgiveness and The Golden Rule

- ▶ *How is the Golden Rule about Forgiveness?*
- ▶ In groups, discuss and record why it is important for our wellbeing to be forgiven
- ▶ Do we like others to forgive us? Do we like others to say sorry.
- ▶ It is easier to forgive when someone is sorry but not necessary. We forgive for our own wellbeing as well as others'.



The Strength of Forgiveness

- ▶ Discuss how we acknowledge an apology
- ▶ What should we say when someone apologises?
- ▶ How do you feel when someone apologises to you?
- ▶ How is 'forgiveness' linked to wellbeing?



A final word...

