

Forgiveness

- ▶ WALT: understand what forgiveness is and how to forgive someone
- ▶ WILF: An understanding that forgiveness is an important strength to have



Forgiveness

What is forgiveness?

Remember our lesson on Forgiveness last term?



Forgiveness

Watch:

https://www.youtube.com/watch?v=lbwVHAV_qU4

Why forgive?

Anna & Elsa - I Forgive You (Request by CaptainHooksGirl)

“Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.”

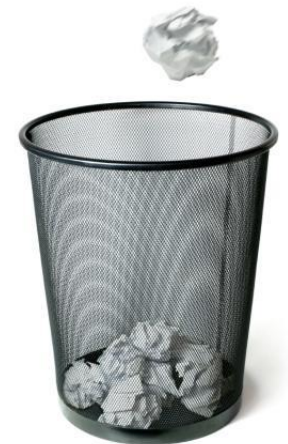
Joan Lunden

Your turn

- ▶ Think of someone that you would like to forgive (it could even be yourself)
- ▶ Either write what they did on the whiteboard (like in the clip) and then rub off as you forgive them

or

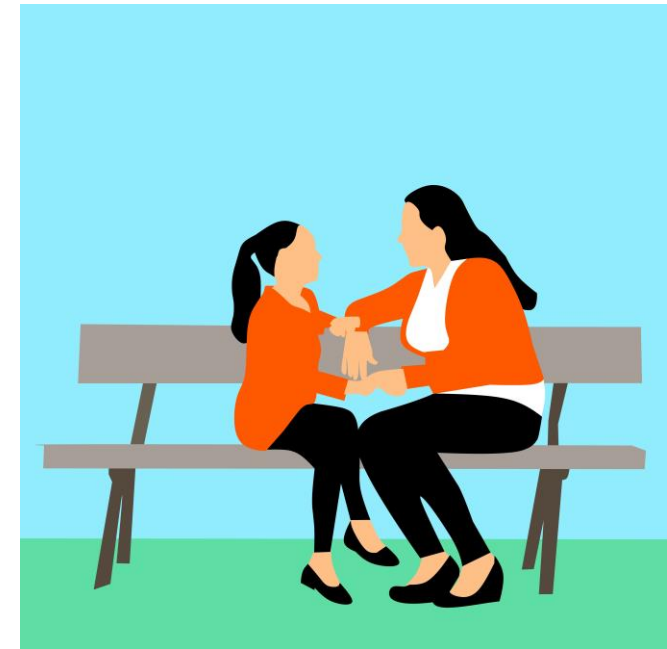
write what they did on a piece of paper and then scrunch the paper up and throw it in the bin as you forgive them.



Note

If someone repeatedly hurts you – physically or verbally, this is bullying and you need to get help to stop it.

Tell a trusted adult.





“To forgive is the
highest, most
beautiful form
of **love**. In return,
you **will** receive
untold peace
and **happiness.**”

Robert Muller