

Session 5

Practising Forgiveness



Key learning

Children will learn that forgiveness is a powerful and important step in healing hurt feelings and building stronger relationships. They will understand that even when something is taken without permission, we can choose to forgive and work towards a better relationship in the future.

Notes

Before the session

You will need:

- Slides for this session, with sound
- A copy of *I Want My Hat Back* by Jon Klassen
- Pre-cut heart shapes on colourful paper (provided in resources)
- Writing pencils and rubbers
- Balloons

Story

Be Curious (Community)

In this session, children are encouraged to remember their special items and imagine their feelings if this were taken by a friend/peer without permission.



Children's literature

Read the book *I Want My Hat Back*.

While reflecting on classroom promises (from previous lesson), children are encouraged to respond to the following:

- Did bear or rabbit followed your class promises (or school values) made last session?
- Why or why not?
- What could they have done instead?



Bible passage

"Forgive one another."

Ephesians 4:32 (NIV)

This verse reminds us that if someone makes us feel sad or does something wrong, we can choose to forgive them. That means we let go of being upset and give them another chance. Just like we want others to forgive us when we make mistakes, we can be kind and do the same for them. Forgiving can help us feel better and keeps our hearts happy.

difference.



Optional Film

Watch the episode of Cheeky Pandas – *The Missing Pizza*

Suggested questions for discussion:

- How did the Pandas feel when they thought their pizza had been taken?
- What happened when they discovered the truth?
- How did they show forgiveness in the end?
- How do you think people feel when they're forgiven after a mistake?
- What can we do when someone says sorry to us?

This episode helps children reflect on forgiveness, mistakes, and how to build a kind and understanding community.

Space

Be Present (Embrace)



Activity **Our Hearts**

Give each child a pre-cut paper heart, a writing pencil, and a rubber. Invite the children to take a moment to notice that their heart has no marks, scribbles, or smudges. Explain that this heart has lots of space for sharing and receiving love and kindness.

Then, gently encourage the children to think of a time when a friend may have upset or hurt them, or made them feel scared or sad. Invite them to carefully make a

difference.

few small marks on their heart with the pencil. Explain that these marks are a symbol of their hurt/pain/upset.

Ask:

- Does the heart still have lots of space to give and receive love and kindness?
- Why or why not?

Ask the class for ideas on what their friends could do to make it right. With each answer, encourage the children to rub out the marks/hurts they drew on their heart.

Once all of the marks are removed, highlight that there are no more marks on the heart because we have said sorry and have forgiven our friends. Our hearts are ready and have lots of space to give and receive love and kindness.

These hearts can be added to the kindness tree from Session 3 or displayed in a calm/prayer area to remind children about forgiveness, saying sorry, love, and kindness.

Continuous Provision Activities

Option 1:

Balloon forgiveness

Give each child a balloon. As they blow it up, ask them to think about someone/something that hurt them. When they are ready, they let go of the balloon. As the air spills out, ask them to imagine letting go of their hurt and forgiving their friend.

Option 2:

New endings

Role play a new ending for *I Want My Hat Back* – link to classroom promises, forgiveness, saying sorry, and renewed friendships.



Important note: Remind the children know that if forgiving someone feels hard, they don't have to do it alone. Mention the trusted adults who are there to listen and help them understand their feelings.

Notes

Sanctuary

Reimagine (Power)



Reflection

You may want to read this reflection aloud to your pupils.

When you say sorry and forgive, it is like giving and receiving a big, warm hug. It makes everyone feel better, and it helps keep the fun going.

Remember, everyone makes mistakes sometimes, and that is okay!

What is important is being kind, saying sorry when we need to, and forgiving others so we can all keep being happy together.



Prayer

 **Notes**

Dear God,

Thank you for loving us so much. Help us to be kind and to forgive others when they hurt our feelings. Teach us to say sorry when we do something wrong.

Please help our hearts to be filled with love, so that we can be good friends.

Thank you for forgiving us, and for always being there when we need you.

Amen.



End of session 5

difference.