

Session 5

Practising Forgiveness



Key learning

Pupils learn what it means to forgive, understanding how to let go in order to move forward. They explore how forgiveness of others can help them to see if a better relationship is possible in the future.

Before the session

You will need:

- Slides for this session, with sound
- A feather for each person

Story

Be Curious (Community)



Song

Play the song *This is Our World* by iSingPop.

Notes



Film

Show the children *The Moon Gig* video from Cheeky Pandas.

Suggested questions for discussion:

- Why do you think CJ got so frustrated during the Moon Gig?
- How did CJ's feelings affect the rest of the Cheeky Pandas?
- What helped CJ calm down and think more clearly?
- What can we do when we feel angry or overwhelmed, like CJ did?
- Why is it important to use self-control or be calm, even when things don't go our way?

Space

Be Present (Embrace)



Activity

Learning how to forgive

Give a feather to each person, and guide them through the instructions below:

- Hold your feather in your hand.
- Think about a time when someone made you upset or angry.

- Now think about how it felt when that person said sorry. How did you feel afterwards?
- Now think about how it would feel if they had not said sorry. How would that make you feel. Would it be harder to let go of your upset or anger?

Letting go

Following on from the previous activity, explore letting go and forgiving.

Say: Imagine that your feather is all the hurt you felt when someone upset you. When you blow your feather away, imagine that the hurt is blowing away.

Discuss with the children how they may feel more peaceful after they have forgiven someone – referring to the last session.

Suggested questions for discussion:

- What would happen if you were always angry?
- Why is it important to forgive others?
- How does your body feel when you gently blow away the feather?
- What else could you do? (Children might suggest praying or talking to a friend or adult.)



Sanctuary

Reimagine (Power)

Notes



Bible passage

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:32 (NIV)

Christians believe that God will always forgive, and we are invited to forgive others.

Discuss the bible quote in terms of kindness and how important it is to look after others, such as saying kind things, sharing and helping.

Invite pupils to share where they see similar principles and values on forgiveness in their faith, or other worldviews, cultures, or community traditions.

Discussion

Ask:

- Can you think of times when we may need to forgive our friends?

Discuss times with children when it may be appropriate for them to forgive (e.g. incidents at playtime etc) and make a class list of what may help them to forgive one another and how they can demonstrate this.



Reflection

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

Sometimes other people upset or hurt us. These people can include our friends and family. It is okay to feel hurt, upset, or even angry. But we don't want to get stuck being angry as it stops us enjoying the good things in life.

When we forgive, it can feel we are 'blowing the anger out of our heart' and it can help us to feel calm and enjoy our day; we do not want to be angry all the time.



Prayer

Dear God,

We know that sometimes people may do the wrong thing and make choices that may upset or anger us. Help us to let go of our anger so that we can find peace within ourselves.

We also know we make mistakes, and we thank you for forgiving us.

May we continue to practise forgiveness and show more kindness to one another, making our world a better place.

Amen.

 **Notes**



End of session 5

difference.