



FORGIVENESS

Deciding that someone who has wronged you doesn't have to pay

HOW YOU CAN SHOW FORGIVENESS:

- If someone bothers or hurts you, write down what they did on a piece of paper in pencil. Erase the words to represent that you are erasing it from your mind and heart.
- Do the laundry with someone in your family and talk about how washing clothes is like forgiveness. You decide to wash away what someone did that wronged you.

FORGIVENESS

is an example of:

**TREAT
OTHERS
RIGHT**

**MAXIMIZE
YOUR
POTENTIAL**

**MAKE
SMART
DECISIONS**

FORGIVENESS

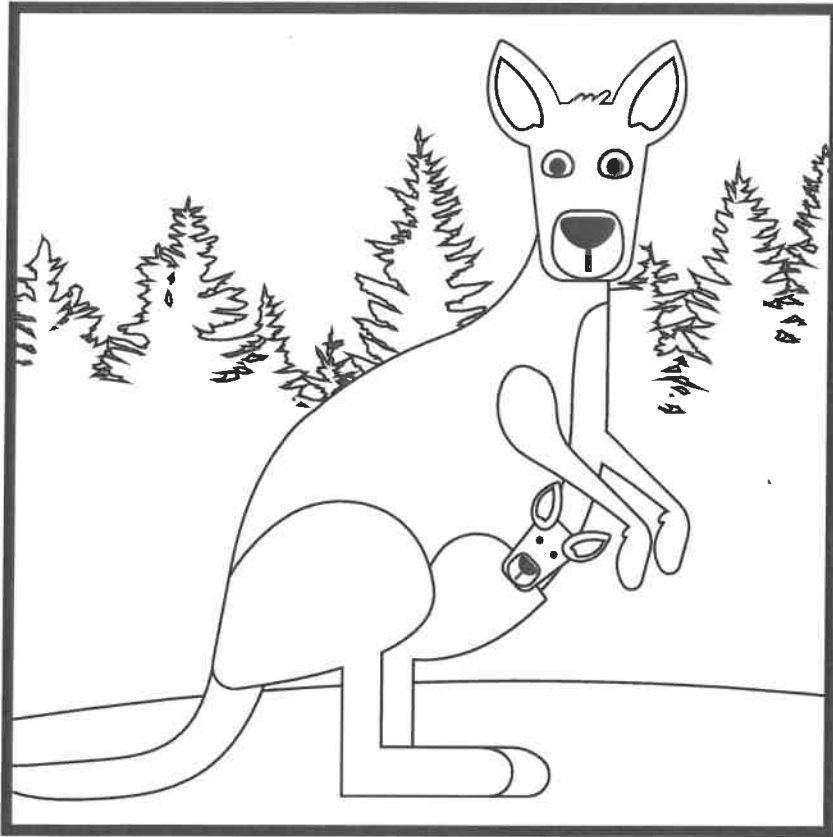
is an example of:

**TREAT
OTHERS
RIGHT**

**MAXIMIZE
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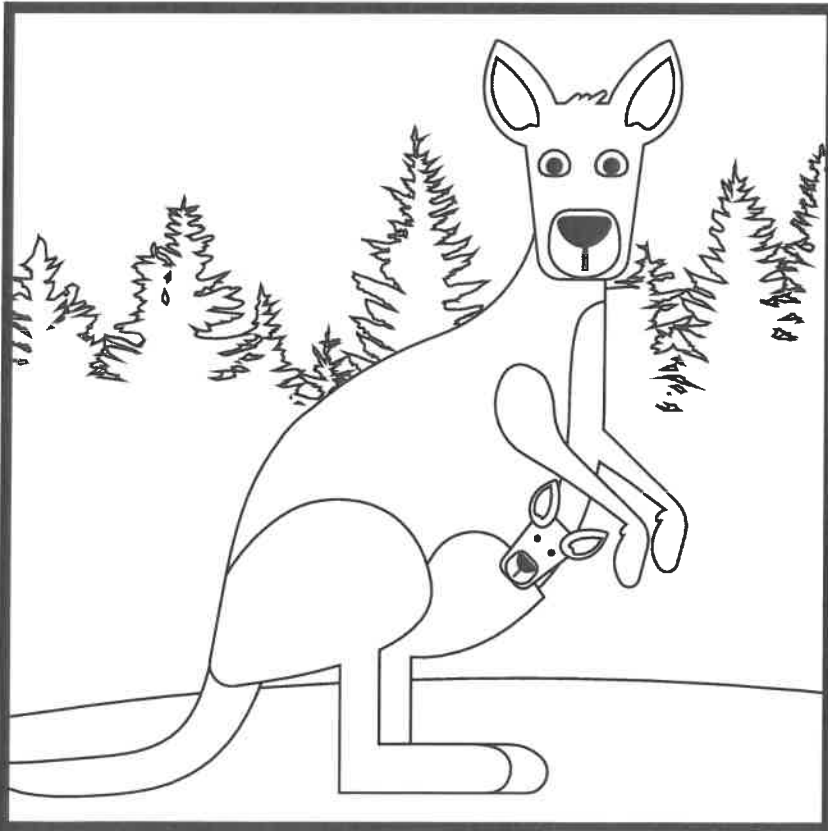
**MAKE
SMART
DECISIONS**

KANGAROO



FORGIVENESS is _____ that
someone who
has _____ you
doesn't have
to _____.

KANGAROO



FORGIVENESS is _____ that
someone who
has _____ you
doesn't have
to _____.

I can show **FORGIVENESS** at recess.

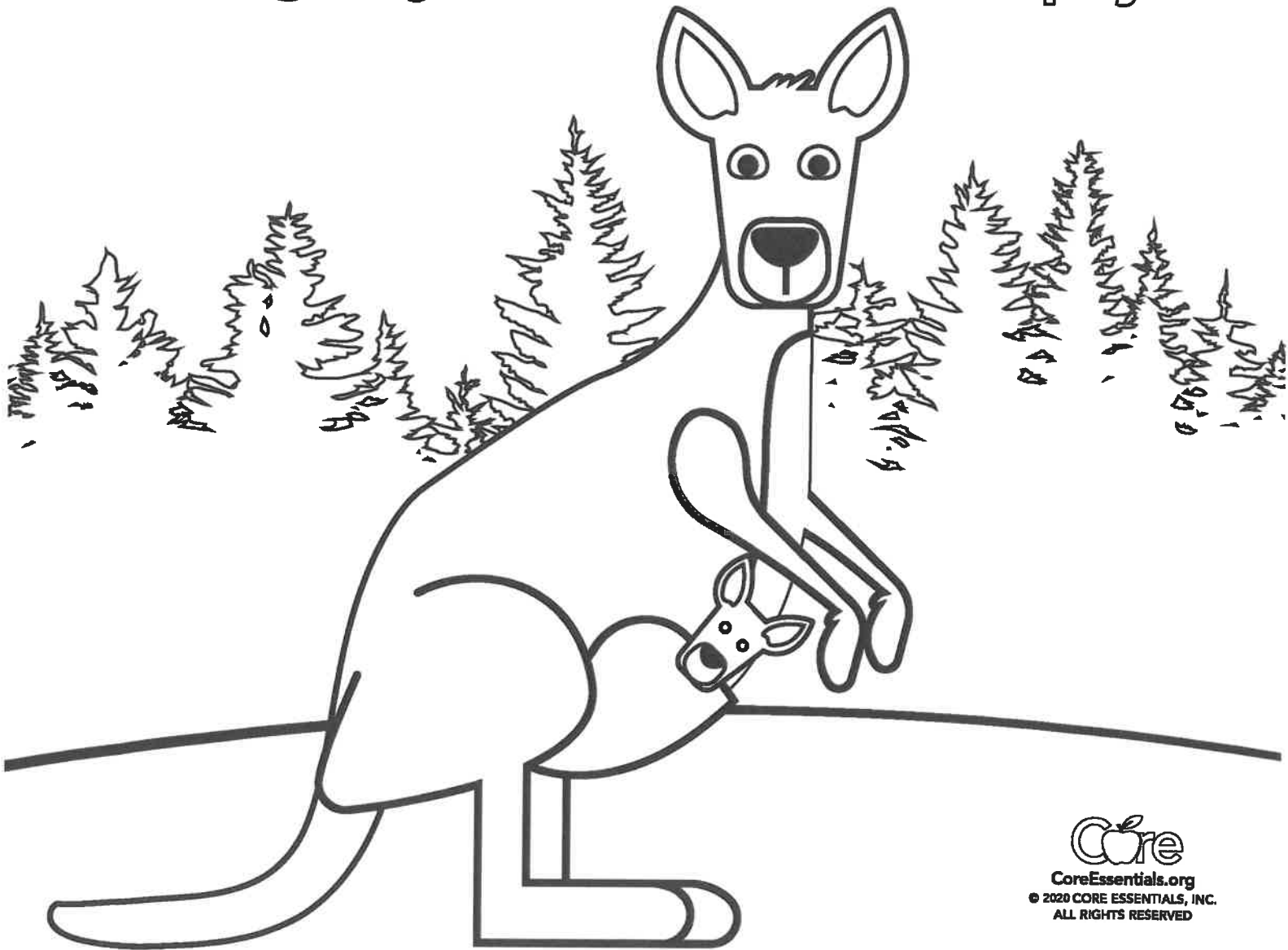
I can show **FORGIVENESS** at recess.

I can show **FORGIVENESS** at home.

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Forgiveness

Information Sheet



Forgiveness is a process where someone who has been wronged chooses to let go of their resentment, and treat the wrongdoer with compassion.

Deepening Understanding of Forgiveness

Forgiveness does not mean forgetting or condoning the wrongdoing, granting legal mercy, or reconciling a relationship. You can forgive a person while in no way believing that their actions were acceptable or justified.

On the other hand, simply saying the words "I forgive you", or accepting an apology, is not forgiveness. In fact, forgiveness can occur without ever speaking to the wrongdoer. Forgiveness is an emotional change that occurs within the person who has been wronged.

What forgiveness is:

The decision to overcome pain that was inflicted by another person.

Letting go of anger, resentment, shame, and other emotions associated with an injustice, even though they are reasonable feelings.

Treating the offender with compassion, even though they are not entitled to it.

What forgiveness isn't:

Reconciliation (repairing or returning to a relationship).

Forgetting the injustice.

Condoning or excusing the offender's behavior.

Granting legal mercy to the offender.

"Letting go", but wishing for revenge.

The Four Phases of Forgiveness

- 1 The Uncovering Phase.** During the first phase of forgiveness, you will improve your understanding of the injustice, and how it has impacted your life.
- 2 The Decision Phase.** During the second phase, you will gain a deeper understanding of what forgiveness is, and make the decision to choose or reject forgiveness as an option.
- 3 The Work Phase.** During the third phase, you will start to understand the offender in a new way, which will allow positive feelings toward the offender and yourself.
- 4 The Deepening Phase.** During the final phase of forgiveness, you will further decrease the negative emotions associated with the injustice. You may find meaning in the experiences, and recognize ways in which you have grown as a result.

Forgiveness

Decision Phase

During the **decision phase** of forgiveness, you will gain a deeper understanding of what forgiveness is, and make the decision to choose or reject forgiveness as an option.

Without looking at a definition, how would you describe forgiveness?

Many people struggle with the decision to forgive because they know that they have the right to be angry, while the offender does not have the right to kindness. Making the decision to forgive means letting go of these resentments—which you have every right to hold—so you can heal.

What are the pros and cons of deciding to forgive the person who wronged you?

Pros	Cons

Whether or not you've made the decision to forgive, describe how things might be different if you decide to do so. Be as specific as possible.

Triggers



Trigger: A stimulus—such as a person, place, situation, or thing—that contributes to an unwanted emotional or behavioral response.

The Problem

Describe the problem your triggers are contributing to. What's the worst-case scenario, if you are exposed to your triggers?

Trigger Categories

Just about *anything* can be a trigger. To begin exploring your own triggers, think about each of the categories listed below. Is there a specific emotion that acts as a trigger for you? How about a person or place? List your responses in the provided spaces.

Emotional State	
People	
Places	
Things	
Thoughts	
Activities / Situations	

Tips for Dealing with Triggers

- Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
- Create a strategy to deal with your triggers head on, just in case. Your strategy might include coping skills, a list of trusted people you can talk to, or rehearsed phrases to help you get out of a troublesome situation.
- Don't wait until the heat of the moment to test your coping strategy. *Practice!*

Triggers



In this section, you will develop a plan for dealing with your three biggest triggers. Review your plan regularly, and practice each of the strategies.

Describe your three biggest triggers, in detail.

Trigger	#1	
	#2	
	#3	

Describe your strategy for *avoiding or reducing exposure* to each trigger.

Trigger	#1	
	#2	
	#3	

Describe your strategy for dealing with each trigger head on, when they cannot be avoided.

Trigger	#1	
	#2	
	#3	

Gratitude Journal

Keeping a journal of the things you're grateful for has been shown to have a powerful effect on mental wellbeing. Among other benefits, journaling about gratitude reduces stress, increases happiness, and improves self-esteem.

Instructions: Two times a week, write a detailed entry about one thing you are grateful for. This could be a person, a job, a great meal with friends, or anything else that comes to mind.



Journaling Tips

- Don't rush to write down the first thing that comes to your mind. Take time to truly think about what you're grateful for. Expect each entry to take between 10-20 minutes.
- Writing about the people who you're grateful for tends to be more powerful than writing about things.
- Explain, *in detail*, why you're grateful. For example, if you're grateful for a friend who is nice, describe what they do that's nice, and why that makes you grateful.
- Aim for two solid entries each week. Keep your journal somewhere you'll see it, and plan when you can write. Set an alarm on your phone if you might forget.



Journaling Prompts

Note: The use of prompts is optional. Feel free to write about anything for which you are grateful.

Someone whose company I enjoy...

A fun experience I had...

The best part about today...

An act of kindness I witnessed or received...

A reason to be excited for the future...

Someone I can always rely on...

A valuable lesson I learned...

Something I can be proud of...

Someone who I admire...

An unexpected good thing that happened...

Something beautiful I saw...

An experience I feel lucky to have had...

Gratitude Journal

Entry #3	Date:
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

Entry #4	Date:
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

Self-Esteem Journal

MON.	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
TUE.	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
WED.	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
THUR.	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
FRI.	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
SAT.	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN.	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	



Big Idea Online

March: FORGIVENESS

<https://www.youtube.com/watch?v=PFMVvMzQ0cU>

Title: Forgiveness-Character Trades

Length: 1:47

Grade Level: K-5

<https://www.youtube.com/watch?v=PuLo7dsflal>

Title: Forgive and Forget

Length: 1:04

Grade Level: K-2

<https://www.youtube.com/watch?v=GtkOB9mPTSA>

Title: How to Forgive (In the Eyes of Kids)

Length: 0:34

Grade Level: K-2

April: HUMILITY

<https://www.youtube.com/watch?v=DcgPFa8e73E>

Title: Humility-Character Trades

Length: 1:45

Grade Level: K-5

https://www.youtube.com/watch?v=xYCPN7c_Spo

Title: Humility Virtue Video

Length: 2:14

Grade Level: K-5

<https://www.youtube.com/watch?v=azwkBW4vrGA>

Title: Lay it Down

Length: 3:25

Grade Level: K-5

<https://www.youtube.com/watch?v=B4ZhW2wVGf8>

Title: Character Education: Humility

Length: 1:24

Grade Level: K-5

<https://www.youtube.com/watch?v=mXOOk0ALiVo>

Title: Humility Teaching Segment using The Rainbow Fish book

Length: 9:38

Grade Level: K-5



march 2020

FORGIVENESS: *Deciding that someone who has wronged you doesn't have to pay*

The Grudge Keeper by Mara Rockliff (K-5)

Desmond and the Very Mean Word by Archbishop Desmond Tutu (1-5)

Anna Maria's Gift by Janice Shefelman (3-5)

There's No One I Love Like You by Jutta Langreuter (PreK-1)

Blue Sky, Yellow Kite by Janet Holmes (PreK-2)

The Forgiving Tree by Jan Berenstain (K-2)

Jamaica's Blue Marker by Juanita Havill (K-3)

Melena's Jubilee: The Story of a Fresh Start by Zetta Elliott (K-3)

The Outlaw by Nancy Vo (1-5)

Potato Pants! by Laurie Keller (K-3)

Under the Lemon Moon by Edith Hope Fine (1-5)

Anh's Anger by Gail Silver (1-5)

Z is for Moose by Kelly Bingham (K-2)