



## GROW Well Strengths-Based Curriculum

Always Our **Best**



### What is Forgiveness?

Forgiveness means to extend understanding towards those who have done wrong or hurt us. It means to let go of any frustration, disappointment, resentment or other painful feelings associated with an offense or individual. Forgiveness is closely related to the quality of mercy. It involves accepting others shortcomings, flaws or imperfections. Forgiveness also may mean giving people a second (or third) chance. Although forgiveness means letting go and moving on, it is important to distinguish forgiveness from condoning or forgetting. You can strongly disagree with behaviours and may not ever forget an offence, however you can also choose to forgive and move forward.

### 3 Step Approach to Forgiveness:

1. **Uncover the Anger:** Explore the different points of view. What led someone to act in that way? Through self-awareness and understanding we assess how the wrongdoing has affected our lives. Facing anger helps people move on.
2. **Decide to Forgive:** View things as less personal. You try to forgive the person, not the act. Making a commitment to forgive requires courage but it is the first step towards moving on.
3. **Reframe the Emotions:** Reframe your view of the offender. You are not condoning, justifying or forgetting, but releasing yourself from negative emotions.

<https://www.fearlessculture.design/blog-posts/the-secret-of-successful-teamwork-forgiveness>

## Strategies to Teach Empathy at Any Age

- ✓ **Model** empathy.
- ✓ **Discuss** emotions.
- ✓ **Help out** at home, in the community, or globally.
- ✓ **Praise** empathetic behavior.

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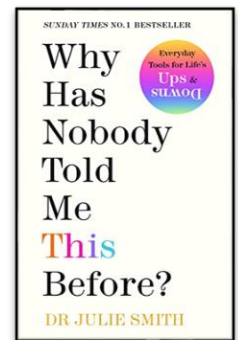
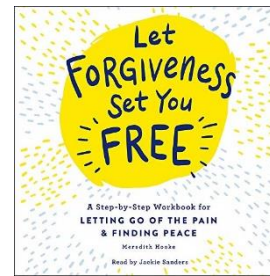
<https://www.forbes.com/sites/palomacanterogomez/2019/02/28/the-power-of-forgiveness-and-how-happy-people-manage-to-unleash-it/?sh=5cc9317c448b>

## What our students have to say:

When you forgive someone if they've done something to hurt or upset you. Then you can feel better too. – Lucy, Year 5

Saying sorry when you make a mistake and then your friend will forgive you. – Rylan, Year 1

## READ:



## How to apologise to kids:

Modelling correct apologies and encouraging ownership and forgiveness

1. Recognise their hurt feelings	<i>"I know you're feeling sad and disappointed."</i>
2. Accept responsibility for wrong doing	<i>"I made a mistake. I was not honest with you."</i>
3. Explain why it happened	<i>"I didn't want you to know.... But that was wrong of me and I should have...."</i>
4. Show it won't happen again	<i>"I don't like upsetting you. Next time I will.."</i>
5. Be clear and concise	<i>"I made a mistake. What I did was not ok."</i>
6. Offer Reparations	<i>"How can I make it up to you? How are you feeling now?"</i>
7. Apologise clearly	<i>"I am sorry. I hope you can forgive me."</i>

Adapted from: <https://www.parents.com/parenting/better-parenting/advice/how-to-apologize-to-your-kids-the-right-way/>

*"The weak can never forgive. Forgiveness is the attribute of the strong."*

- Mahatma Gandh

## Forgiveness



*I forgive others when they upset me and/or when they behave badly towards me, and I use that information in my future relations with them.*



## BOOKS ABOUT FORGIVENESS AND LETTING GO



<https://dennislehanebooks.com/books-about-forgiveness/#:~:text=%20Best%20Books%20on%20Forgiveness%20and%20Letting%20Go,People%20may%20say%20that%20giving%20and...%20More%20>