



GROW Well Strengths-Based Curriculum

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Forgiveness

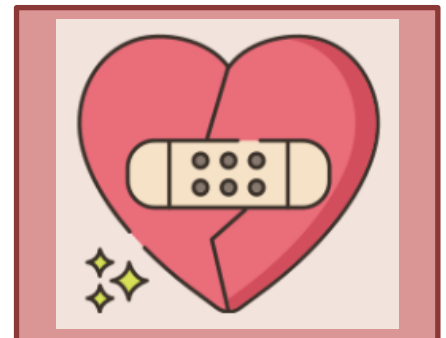
What is Forgiveness?

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.

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.



Building the Strength of Forgiveness

Helping children build the character strength of forgiveness is an important aspect of their emotional and social development. Here are 3 steps to assist children in developing this essential quality.

- Model forgiveness:** Children often learn by example, so it is crucial to model forgiveness in your own interactions. When you make a mistake, or have a conflict with someone, demonstrate forgiveness and letting go of any resentment or anger. Explain to your child that forgiveness is a way to release negative emotions and move forward in a more positive manner.
- Teach empathy:** Empathy is a foundational skill for forgiveness. Help your child understand the feelings of others by encouraging them to put themselves in someone else's shoes. Discuss how the other person might be feeling to help build a sense of compassion and make forgiveness easier.
- Communicate the benefits of forgiveness:** Explain the positive impact forgiveness can have on their own well-being and relationships. Discuss how holding onto grudges or anger can lead to stress, unhappiness and strained relationships, while forgiveness can provide relief, inner peace and stronger connections with others. Share real life examples of situations where forgiveness has been beneficial.

Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

A proper apology

Sometimes we need to ask for forgiveness from others. When we apologise, we take responsibility for the action or mistake, we don't make excuses or try to shift the blame. We sincerely apologise and do what we can to make it right. This shows we realise we did the wrong thing and can learn from it to be better!

Forgiveness Affirmation

FORGIVENESS



I forgive friends who hurt me. I always give people a second chance and move forward.

Read – Click on the book to find a read aloud of this story.

