



**Recommended Grade Levels:** K - 2

**Applicable Character Traits:** Forgiveness

**Objective:** By the end of the lesson, students will understand that saying ‘I’m sorry’ and forgiving someone are some of the best ways to show you are a good friend. The class will hear a story of two good friends, have a discussion and draw a picture of something they like to do with a friend.

**Time Frame:** (Approximately 30 minutes)

Approximately how long the entire lesson should take to complete. It’s nice to let the teacher know, so you are both on the same page. Be sure to check with the teacher in advance as to how much time is allotted for the lesson, and keep an eye on the clock.

**Materials/ Preparation:**

- Copy of Good Friends Forgive and Move On lesson plan
- Copy of “*Grace Finds Out It Is Better To Forgive and Move On*” (attached)
- Copy of “What Do You Like To Do With A Good Friend” handout – half a sheet for each student (attached)

**Opening Statements:** (5 minutes)

Have the class sit on the classroom rug.

- Greet students and remind them of your name.

**Ask the class** – What is the character trait for the month? (Forgiveness)

Read the Character Trait Statement (attached)

**Explain** –

- ‘I’m sorry’ and ‘I forgive you’ are two of the toughest things to say.
- **Ask** - Have you ever done something that was wrong, but you just couldn’t bring yourself to say “I’m sorry”? Maybe you broke something by accident, said something that hurt a friend’s feelings or lost something important.
- It may not be easy to say you are sorry, but it’s always the right thing to do. It’s also one of the best ways to show that you are a good friend.
- When you forgive someone who has apologized, you understand that they made a mistake, you accept their apology and move on.

**Explain** –

Today you will hear a story of two friends. After the story we will have a short discussion and then you will think about your own friends and draw a picture.



**Activities:** (20 minutes – 10 minutes to read the story and ask questions / 10 minutes to draw picture)

**Read the story,** “*Grace Finds Out That It Is Better to Forgive and Move On*”

After reading the story, ask the following questions –

1. What did Alexa do that hurt Grace’s feelings? (She took the ball that Grace wanted to play with.)
2. What did Grace say when Alexa apologized? (She said, “That’s okay.”)
3. Why wasn’t Grace telling the truth? (Because she was still mad and she was keeping her feeling inside.)
4. What made Grace decide that she was making too big a deal about the soccer ball incident? (She didn’t like her own behavior /She wasn’t being honest with her friend.)
5. Why was Grace the one missing out by not forgiving? (Because she missed playing with her good friend and she didn’t want to feel bad anymore.)
6. What did the friends do that showed they were still good friends? (They hugged.)

**Wrap up and Reflection:** (2 minutes)

- **Ask** – What are two of the toughest things to say? (I am sorry and I forgive you.)
- It may not be easy to say you are sorry, but it’s always the right thing to do. It’s also one of the best ways to show that you are a good friend.
- When you forgive someone who has apologized, you understand that they made a mistake, accept their apology and move on.

**Forgiveness Character Trait Statement**

- At EBS we practice Forgiveness.
- We acknowledge our mistakes, apologize, and try to make things right again.
- We understand that everyone makes mistakes and we accept the apologies of others.
- We do not bring up past mistakes or gossip about what others did wrong.
- We move on and are friends again.



## Grace Finds Out That It Is Better To Forgive and Move On

Yesterday Grace's friend, Alexa did something to make Grace really mad. Everyone was outside at the school playground. Grace decided that she wanted to kick around the ball that was on the ground next to the play structure. No one was playing with it and it was a beautiful day for kicking around a ball. Well, just as Grace got close to the ball, Alexa brushed passed her and grabbed the ball. Grace sure was surprised! "I was going to kick that ball around," Grace said. Alexa responded with, "No one was playing with it, so I picked it up. I saw it first!", and then she ran across the field. **(Picture #1)**

Grace was so mad! She knew she had seen the ball first. She wanted to play with it so badly! It was so unfair!!! Grace's teacher, Mr. Smith was on the playground. Mr. Smith was sure that Alexa would take turns with the ball, and let Grace play, too, if she wanted, but she was so sad and upset she didn't even want to play soccer any more that day. Grace felt bothered and angry for the rest of the afternoon. **(Picture #2)**

Once school was over Alexa ran up to Grace and said, "Hi Grace. Sorry that I grabbed the ball away from you at recess. I didn't realize that you wanted the ball." "That's okay," Grace said. But deep down inside Grace wasn't telling the truth. It really *wasn't* okay. Her feelings were still hurt. That evening, Alexa called Grace to ask if she wanted to play outside in the neighborhood. "No thanks," Grace said, "I'm busy." That really wasn't the truth. **(Picture #3)**

Later that night, before she fell asleep, Grace thought about Alexa and about not telling the truth about her feelings. She wasn't feeling very good about her own behavior. She didn't want to feel angry anymore. She decided that staying mad about the soccer ball incident was silly. It really wasn't that big of a deal she thought to herself. The worst part was that she really wanted to play with her friend. Grace realized that by not forgiving Alexa, she was the one missing out! **(Picture #4)**

The next day was Saturday. Grace rode her bike down to the park, hoping to see Alexa. There she was, playing on the swings their other friend, Ryan. Alexa came over to Grace and said, "I know you are still mad at me, but..." "No, I'm not", responded Grace, and this time she meant it. "I forgive you and I'm sorry it took so long for me to get over it." Guess what happened then? They gave each other a hug, just like good friends do. For Grace it felt so good to forgive and forget, and to not be angry with Alexa anymore! **(Picture #5)**

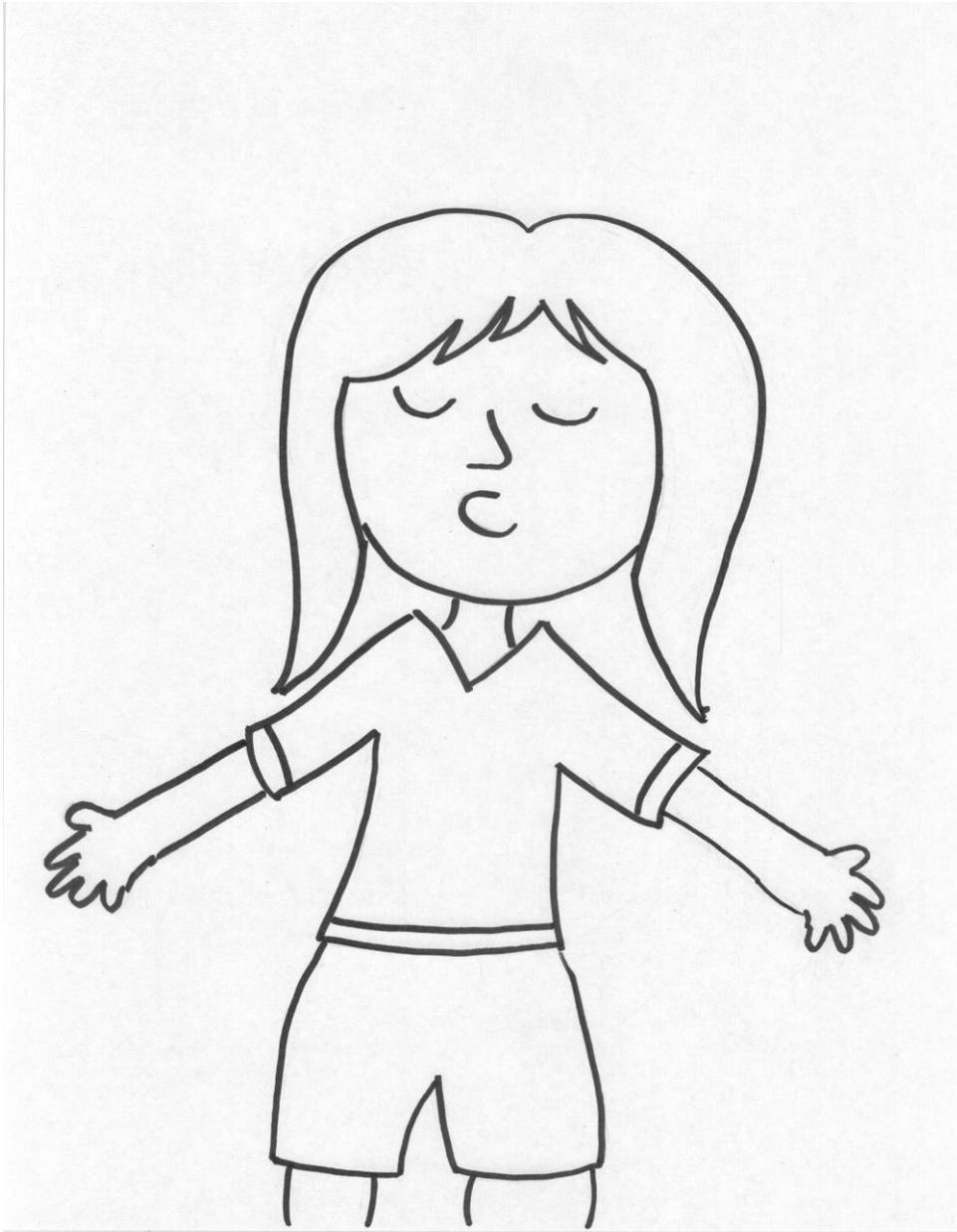


Picture #1





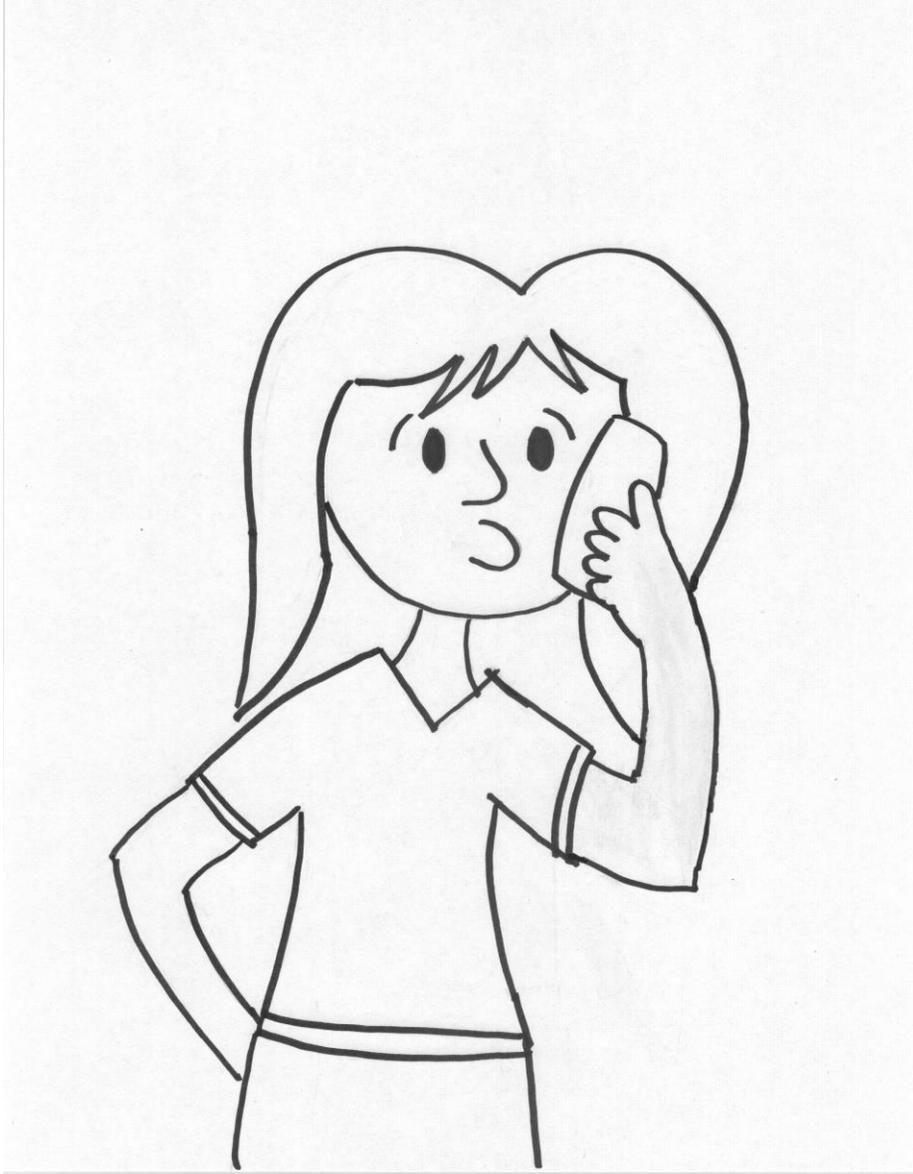
**Picture#2**





TITLE: Good Friends Forgive and Move On

**Picture#3**



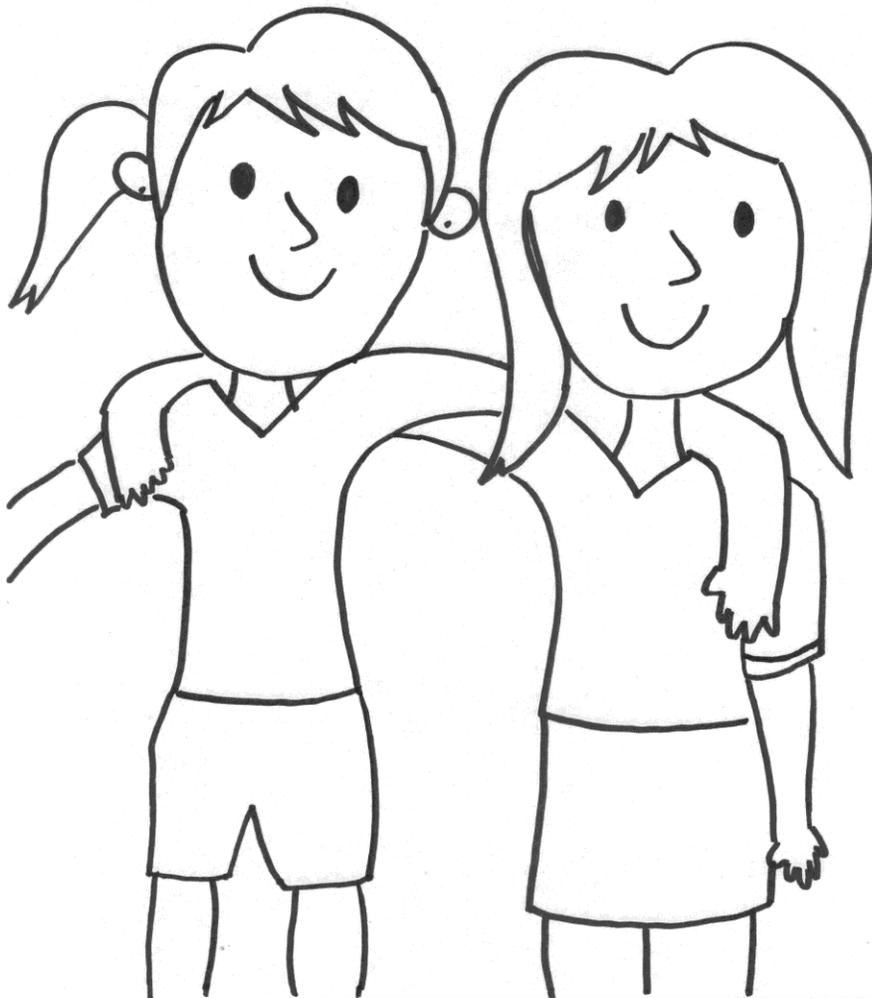


**Picture#4**





**Picture#5**





TITLE: Good Friends Forgive and Move On

## What do you like to do with a Good Friend?

Think about some of your good friends and draw a picture of something you like to do together.

## What do you like to do with a Good Friend?

Think about some of your good friends and draw a picture of something you like to do together.