

	EBS CHARACTER EDUCATION	Page 1 of 4	CEACT037 Rev C	Date: 04/23/15
TITLE: Forgiving Hearts K-3				

Recommended Grade Levels: K - 3

Applicable Character Traits: Forgiveness

Objective:

By the end of the lesson, learners will understand the power of words and how difficult it is to take the “hurt back” when hurtful words are said. They will practice apologizing, speaking up for themselves, and being forgiving. They will begin to understand that having a forgiving heart is important for healing and moving on.

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:

- Print out -Forgiving Hearts Lesson
- Print out -Forgiveness Character Trait Statement
- Pencil and scissors for each student (students should have them at their desks)
- ½ sheet of colored paper (different colors) – 1 for each student **OR** copies of a heart that younger students will cut out- 1 for each student (see template at end of lesson)
- Optional: book about forgiveness, if time permits

Opening Statements: (5 minutes)

- Students should sit at their desks.
- Greet students and remind them of your name.
- **Ask the learners** – Does anyone know what this month’s character trait is?
- **Ask the learners** – What does it mean to forgive someone?
- Either read the Forgiveness Character Trait Statement **OR** read the following statements:
 - Forgiveness is opening your heart.
 - Forgiveness is accepting the apology.
 - Forgiveness is not dwelling on what the person did wrong.
 - Forgiveness is not bringing up the situation and using it against them.
 - Forgiveness is not gossiping to others about what the person did wrong.
 - Forgiveness is promising to be friends again.

**TITLE: Forgiving Hearts K-3**

Tell the learners – Today we will have a discussion about the power of your words, have an activity and, if time permits, read a book.

Discussion / Activity: (20-25 minutes)

- **Ask the class** if they can remember a time when they said something hurtful to someone or when someone told them something that hurt their feelings. (Explain that we are not naming names.)
- Invite them to share if they want, but without naming people. (2-3 students)
- **Say:** When our feelings get hurt it is like our heart is getting hurt or we are hurting someone else's heart when we hurt their feelings with mean or hurtful words.
- **Explain** that each student will be given a piece of paper to cut into a "Forgiving Heart."
*(For younger students, they will just cut out the copies of the heart and skip the next step.)
- **Explain how to cut out a heart.**
 - Fold the piece of paper in half.
 - Show them how to draw half of a heart from the centerfold of the paper.
 - Have them cut it out.
- Ask the students to write their name on the hearts and decorate them. They will have only a few minutes to decorate.
- Ask the students to trade hearts with someone sitting next to them. Then ask them to crumple up the heart and make a ball with it.
 - **Say:** This is what it feels like in our heart when our feelings get hurt.
- Ask the students to give back the crumpled hearts to the original owners. When they have their own paper hearts back instruct the students to open up the heart and make it nice and smooth as it was before. Can they do it?
- Now, make the comparison with words. When we say hurtful words, it is hard, if not impossible to take them back. It is like the paper heart they have in their hands. As hard as they try, they will never be able to make it look as it was before.
- Remind the learners that **apologizing** and **asking for forgiveness** are important steps to take when they've hurt someone or made a mistake.
 - Have students partner with the person they traded hearts with before.
 - Model for them and then instruct the students to take turns apologizing and asking for forgiveness: *"I am sorry for (crumpling your heart, hurting your feelings, ruining your work). I didn't mean to hurt you. Will you forgive me?"*

**TITLE: Forgiving Hearts K-3**

- Ask students how they feel when they received the apology. Some might still be mad, upset, or sad.
- Tell them that **speaking up for themselves** and then **being forgiving** can help them feel better.
- Write on the board “When you _____ I feel _____.” Model for the students how to speaking up for themselves with the “When you...I feel...” message.
For example, “*When you (crumpled my heart, ruined my work, hurt my feelings) I feel (hurt, sad, etc.)*”
- Model for the students how to be forgiving.
For example, “*I forgive you. Please don’t do that again.*”
- Instruct the students to practice **speaking up for themselves** and then **being forgiving** with their partners.
- **Explain** that forgiving does not mean that all of a sudden you do not feel hurt or that the wrong choice someone made was right. It means that you find it in your heart to give the person another chance and start getting rid of your own mad, upset, and sad feelings.
- If they are able, have the students write on their heart – I Have A Forgiving Heart and their name

Wrap up and Reflection: (5 minutes)

- The words we speak are very powerful. We need to be careful about what we say.
- **Apologizing** and **asking for forgiveness** are important when we’ve hurt someone or made a mistake.
- **Speaking up for ourselves** and then **being forgiving** can help us feel better.
- Forgiving means that we are giving a person another chance and we start to feel better.

Character Trait Statements**Forgiveness**

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.

