

	EBS CHARACTER EDUCATION	Page 1 of 7	CEACT038 Rev C	Date: 04/23/15
TITLE: Forgiving Hearts - 4th -5th with Role Playing Scenarios				

Recommended Grade Levels: 4th - 5th

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 35 - 40 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 lesson -Forgiving Hearts 4th -5th
- Print out -Forgiveness Character Trait Statement
- 1 colored paper heart for each student (see template)
- Pencil and crayons or markers for each student.
- Print out role playing scenarios; Situations 1-4

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.

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Tell the learners – Today we will have a discussion about the power of your words. We will have an activity to practice apologizing, asking for forgiveness, speaking up for ourselves, and being forgiving. Then we will have a few students act out a couple of forgiveness scenarios.

Discussion / Activity: (25 - 30 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.
- 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.
- Ask for volunteers to act out some scenes. You need four groups of two (8 total). Choose the students and give each one a situation script. Ask them to go in pairs to practice their scenes. Maybe go outside or in the hall. They will miss the rest of the lesson while they prepare. Tell them that if they would like to, they can add their own ideas to the scenarios.
- **Give** each of the remaining students a paper heart and ask them to write their name on it and decorate it. 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?"*
- 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.

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- Write on the board “When you _____ I feel _____.” Model for the students how to speak 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.
- Have the students write on their heart – I Have A Forgiving Heart.
- Have student teams return and perform the scenes. If needed, have a short discussion after each scenario.

Wrap up and Reflection: (5 minutes)

Ask the students what they have learned. If they don’t mention the following you can bring up these points.

- 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.
- Telling the person how you feel and why can be very useful.
- If the person you are talking to cares about you, he/she will listen to you and you might be able to sort things out together.
- Forgiving means that we are giving a person another chance and we start to feel better.

Character Trait Statements**Forgiveness**

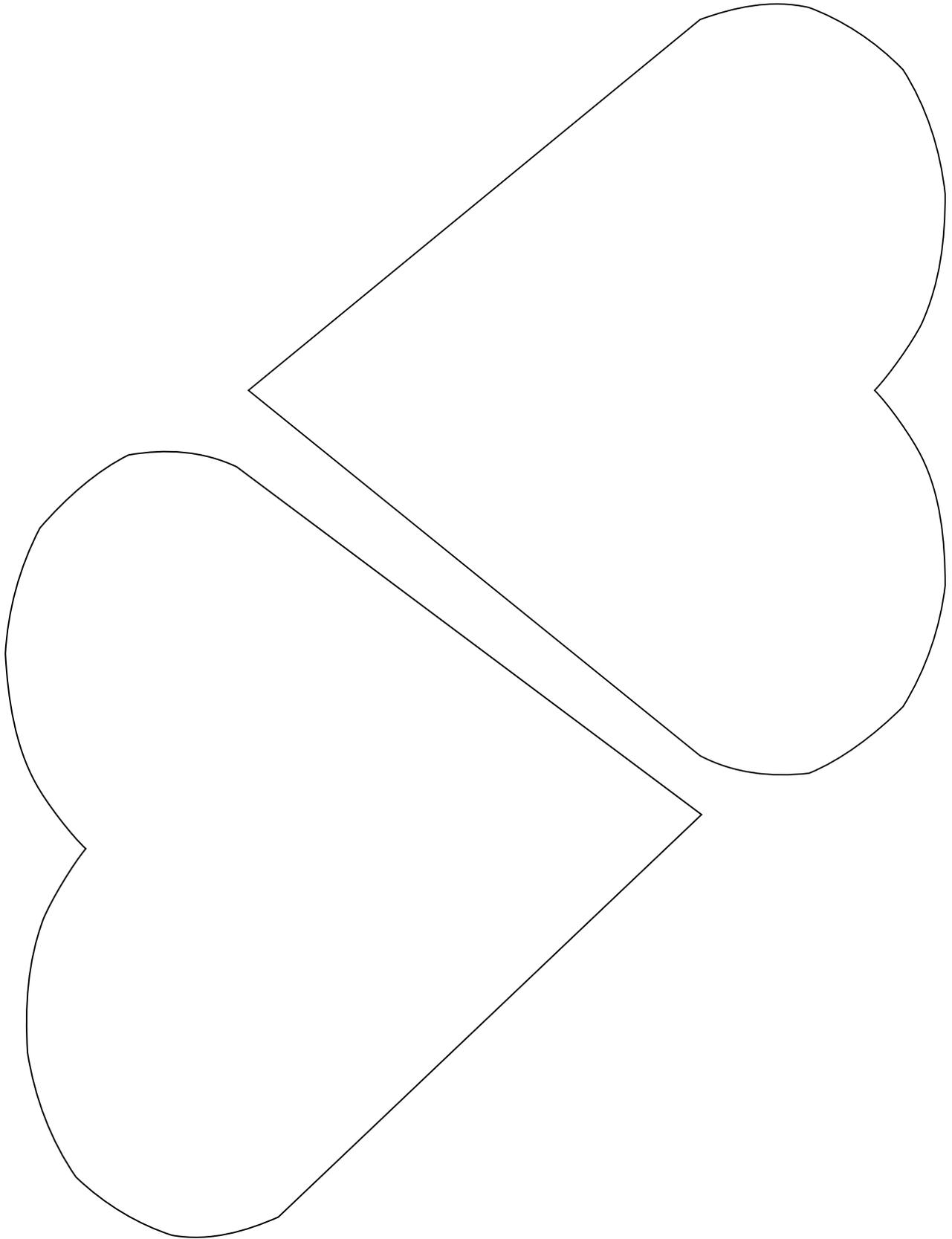
At EBS we practice Forgiveness.

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.





Forgiveness Role Play Scenarios

Select 2 students for each scenario. Have each team present (and act out) their scenario to the class. If the pairs would like, they can add their own ideas to the scenario.

Situation #1: You and your friend are playing together. Your friend wants a toy you are playing with and ends up pushing you over to get it and you hurt your elbow.

Friend A - Hey! You pushed me! I really hurt my elbow! You are so dumb! Can't you see where you are going?

Friend B – I'm Sorry. I didn't mean to push and hurt you. I'll be more careful next time. When you call me dumb, that really hurts my feelings. People make mistakes.

Friend A – You're right. I'm sorry! I thought you did that on purpose. Will you forgive me? Thank you for apologizing.

Friend B – I forgive you.

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Friend B – I forgive you.

Situation #2: Your little brother breaks a lamp in the house. He lies to your mom and said that you did something that you really didn't do.

Sibling A - How could you tell mom that I broke the lamp? When you lied to mom, it made really me mad. You got me in trouble for something I didn't do. I didn't break the lamp. You did! I hate you! You are such a baby!

Brother – I'm sorry. I'm not a baby! I didn't want to get in trouble. I didn't know what to do. Will you forgive me? I guess I need to play with my soccer ball outside. You really hurt my feelings when you say that!

Sibling – I'm sorry. I just was surprised when mom got mad. Forgive me? Let's go talk to mom together and then we can go outside and play soccer together.

Brother – That's a great idea! I might need help explaining what really happened.

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Brother – That's a great idea! I might need help explaining what really happened.

Situation #3: Your friend doesn't include you on the playground.

Friend A – Can I play with you and Cameron?

Friend B – No. We are playing something different today. You won't understand how to do it. You're not cool enough.

Friend A – Can you teach me? I am a quick learner. It really hurts my feelings when you say that and don't include me.

Friend B – I'm sorry. I didn't realize that I was hurting your feelings. Will you forgive me? You can join us! I will explain it. This will be even more fun with the three of us!

Friend A – Thank you for including me! This will be so fun!

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Situation #4: You are the goalie while playing soccer and you miss an opportunity to save a goal that the other team made. One of your teammates calls you a ‘bad player’.

Teammate #1 I can't believe you missed that save! You are such a bad player!

Teammate #2 - Dude, I am trying my best! We all make mistakes. I feel bad about missing the save. I feel sad when you say that I'm a bad player. I don't appreciate that.

Teammate #1 - I'm sorry! I guess I got a little excited in the moment. I didn't mean to hurt you. Will you forgive me? I just wanted to win the game.

Teammate #2 – Sure I will forgive you. Maybe we can practice together? That way we will both improve our skills.

Teammate #1 – Great idea!

Situation #4: You are the goalie while playing soccer and you miss an opportunity to save a goal that the other team made. One of your teammates calls you a ‘bad player’.

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Teammate #1 – Great idea!