

# FORGIVENESS CIRCLE TIME: YEARS 5/6

## Virtue 8 Forgiveness.

Forgiveness is to let go of hurt feelings and make a new start.

### Knowledge:

Know that mistakes are part of learning.

### Skills:

Seeing their mistakes and making amends.

### Attitudes:

Appreciate different ways of loving and its importance to a range of relationships.

### Signs of Living the Virtue:

I accept God's forgiveness

I can forgive

I accept forgiveness from others

I have the courage to give others and myself the courage to have a new start.

I know that with God's love I can change.

I understand that saying sorry is one way of making amends.

### Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

### Skills - Thinking, Looking, Listening, Speaking, Concentrating:

Throughout Circle Time it is vital that teachers praise children for using the above skills.

### Step 1. Game

Pass the 'Talking Tool' around – children give examples of how they could or do make amends

### Step 2. Round

Talk about what forgiveness means. Ask the children if there is anyone who has never made a mistake! This is a nice way of helping children to understand that we all make mistakes and that there will be times when we forgive and times when we are asking for forgiveness. Next, see if you can develop a shared understanding of what forgiveness means.

### Trigger statement:

Forgiveness means...

### Step 3. Open Forum

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

Teacher in role: I need help because someone who was my friend upset me... she's said she's sorry and she won't do the thing again but the thing is as soon as I feel we're mates again things start coming into my head like I tell myself I was stupid for forgiving her...

I really want to move on and the problem isn't with her it's with me...she really has done all sorts of things to build trust again...the problem is with me...I'd really like to think of some things I can do when these thoughts come into my head...

The children respond "Would it help if I?" or  
"Would it help if you?" or  
"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

#### **Step 4. Celebration**

It is wonderful when someone forgives us or says it is "alright" when we have done something that's hurt us in some way. Is there anybody in the group that you would like to nominate who has shown understanding and forgiveness for something that you've said or something that you have done and triggered feelings of happiness and joy?

#### **Step 5. Ending Ritual**

Electric Squeeze;

All the children and the teacher stand in an inward facing circle and hold hands. The teacher squeezes the hand of the child on her/ his right, who squeezes the hand of the child on their right and so on all around the circle until the squeeze comes back round to the teacher. This may be done several times to see how fast the 'squeeze' can travel around the circle.