**Secondary Guidance Lesson**

*Apologies and Forgiveness*

**Objective:** Students will learn what forgiveness is and what it is not and how forgiving others helps them to live happier, healthier lives.

**Video**: [**https://youtu.be/SYuYGymUaVU**](https://youtu.be/SYuYGymUaVU)

**Activity:**

Ask your students:

* What does it mean to forgive someone?
* Why do you think forgiveness might be important?

Watch the video.

**Follow-up/Closing:**

• Do you think forgiveness is easy? Why or why not?

• How do you think forgiveness shows self-care?

• How do you think forgiveness shows compassion?

If you are interested, here is a short “Forgiveness Quiz” you can take online. Scroll down, click on “Quiz,” and answer and submit the questions. <https://tinyurl.com/4give-quiz>