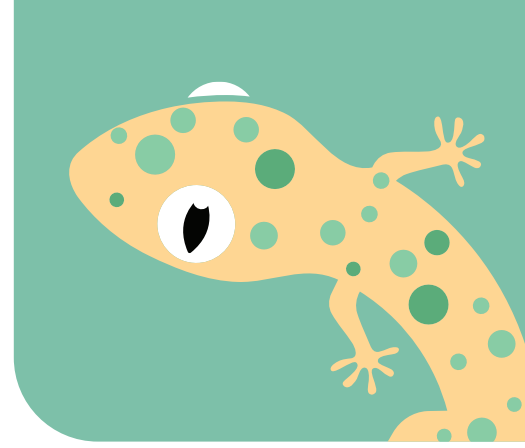


Forgiveness MARCH 2023



SAY IT:

Forgiveness means deciding that someone who has wronged you doesn't have to pay.

KNOW IT:

ASK A GROWN UP:

- Can you think of a time you chose to forgive somebody when it was really difficult?
- Can you think of a time when someone forgave you? How did their forgiveness make you feel?

ASK A KID:

- Has anyone ever done something mean to you, but you chose to forgive them?
- Describe a time when you did something wrong, but someone else forgave you.

SEE IT:

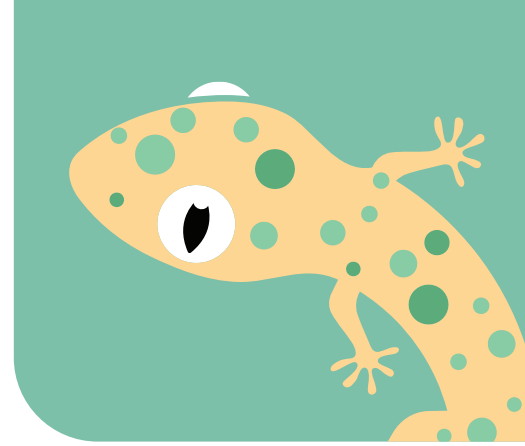
The short film "Snack Attack" shows us a great example of forgiveness. Watch this as a family and pause it a few times during the video to talk about how tough it would be to forgive someone who was stealing your cookies. Discuss how anger and bitterness can sometimes creep in and ruin your day. After you finish the video, talk about how forgiveness and tolerance can help us enjoy life and help us get along with others better. Not only does forgiveness help the people we have forgiven, it helps us get rid of our own negative feelings. <https://www.youtube.com/watch?v=6YSxJnqCr8I>

BE IT:

Have each person list the ways others have hurt them. The list should include things that have gone unforgiven and are still festering in the mind of the writer. Perhaps someone has said mean things or there are disagreements that have gone unresolved. After everyone has their list, go outside to a safe place and start a small fire. Place each of the lists on the fire and as you watch the lists go up in flames, allow your anger and bitterness towards these people vanish, as well.

PHASE

Forgiveness
MARCH 2023



It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

So don't miss it. It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.