

FORGIVENESS



**Start
With
Sorry**

Week 1

The Freedom of Forgiveness

Empower

Forgiveness means choosing to let go of hurt feelings, anger, or resentment when someone makes a mistake—and giving yourself and others a chance to repair and move forward. It can be hard to let go, but forgiving is a gift you give your heart and your family. Sometimes forgiveness means accepting someone's apology; other times, it means forgiving even before someone says "sorry."

This week, pay attention to moments when you or a family member chooses forgiveness. Remember: Forgiveness doesn't mean what happened was okay—it means you're ready to heal and start again, together. Our family grows stronger with every act of apology and forgiveness.

Discussion: Share & Release Circle

- **Start by discussing:** "What does forgiveness mean to you? Why can it feel hard, but also good, to forgive?"
- **Have each family member share** (only if comfortable) a time they were forgiven, or forgave someone else. How did it feel before and after?
- **Ask:** "Is forgiving someone the same as forgetting? Why or why not?"
- **Talk about how forgiveness works at home:** Do people say sorry? Do we give each other second chances? What helps make forgiveness easier?

Fun Family Game: Ball of Grudges Toss

Materials: A soft ball or rolled-up sock.

How to Play:

1. Family sits in a circle. The "grudge ball" represents an old hurt or mistake.
2. One person starts by holding the ball and briefly says (real or pretend), "I felt upset when..." or "I'm sorry that I..."
3. The whole family says together: "Let's forgive and let go!" and the ball is tossed to the next person.
4. The game continues as each family member shares something (real or made-up) they'd like to let go of—something they forgive or are ready to be forgiven for.
5. The goal is to keep the "ball of grudges" moving quickly, so everyone gets a turn to forgive and release!

Why this works: It shows that we all hold onto hurts sometimes, but it feels better (and lighter!) to share, forgive, and move on—as a team.

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Journaling

Pick one or more:

- **DRAW:** Draw a picture of your family or friends letting go of a big “grudge balloon.” Show what everyone looks like before and after.
- **DO:** Write a secret note of forgiveness (or an apology) and slip it to someone at home, thanking them for letting go or saying sorry.
- **WRITE:** Describe a time you forgave someone—even if it was tough. How did forgiving change your feelings or your relationship? Why do you think forgiveness is good for YOU as well as the other person?

Gentle Action

Forgiveness is a powerful family value. To put it into practice:

- Make a “Forgiveness Board” for the week. Whenever someone forgives or is forgiven, write it down (no names needed) as a reminder that everyone makes mistakes and everyone gets a new chance.
- At the end of the week, read out the acts of forgiveness, celebrating the brave family moments of letting go and growing closer.
- Challenge: The next time you feel upset about something small, ask yourself, “Is this something I could choose to forgive, for my own peace and for the good of my family?”

Remember:

Forgiveness frees your heart and helps your family heal. Real strength is not only in apologising, but also in letting go of grudges, so everyone can move forward together—happier and stronger than before!

