

# FORGIVENESS



**Start  
With  
Sorry**

Week 2

## The Gift of Forgiveness

### Inspire

Forgiveness means letting go of anger or resentment when someone makes a mistake—giving both yourself and the other person a fresh start. It's not always easy. Sometimes, forgiving takes courage and perseverance, especially if you've been hurt or disappointed more than once. But just like with perseverance and integrity, practicing forgiveness makes families closer, stronger, and more trusting. This week, notice the moments when forgiveness happens at home. Every time someone says "I'm sorry" and is given another chance, your family is choosing to move forward instead of staying stuck in the past. Forgiveness is a true act of kindness—both to others and to ourselves.

### Discussion Starter: Forgiveness Role Play Relay

1. Divide your family into pairs (or small teams).
2. Each pair thinks of a real or pretend scenario where a mistake was made and forgiveness is needed (e.g., forgetting a chore, breaking a toy, saying something unkind).
3. Each pair acts out their scene:
  - a. The mistake is made,
  - b. An apology is offered ("I'm sorry for..."),
  - c. Forgiveness is given ("I forgive you"), and
  - d. The pair shows how they move forward together (maybe with a handshake, a hug, or a shared activity).
4. After each role play, discuss:
  - o What made it hard or easy to forgive in the skit?
  - o How did it feel to be forgiven—or to forgive?
  - o What can we learn for real life when it's harder to let go?

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## Fun Family Game: Forgiveness Freeze Dance

### How to Play:

- Put on some favourite upbeat music and have everyone dance around the room.
- When the music stops, the leader announces a quick forgiveness scenario (e.g., “Your friend broke your pencil—freeze and show what forgiveness looks like with your face or body!”).
- Everyone stays frozen in their forgiveness pose for a few seconds, then the music starts up again!
- Try several different scenarios or invent your own. Mix in silly or serious topics. Why this is great:
- It helps family members practice thinking about and expressing forgiveness in lots of situations—in a playful, low-pressure way.

## Journaling

### Choose one or more:

- **DRAW:** Draw two pictures side by side. On the left, sketch what it feels like to hold onto a grudge or anger. On the right, show how things change when you forgive (or are forgiven).
- **DO:** Make a “Forgiveness Jar.” Write down small apologies or forgiveness moments on slips of paper throughout the week and review them together next weekend.
- **WRITE:** Describe a time when you forgave someone or were forgiven. What happened? How did it change your feelings or your relationship?

## Gentle Action

- Create “forgiveness notes” for your family: Write (or draw) simple notes that say, “You are forgiven!” or “Thank you for your apology!” Leave them in shared spaces, backpacks, or lunchboxes as a reminder that forgiveness is always possible.
- Share aloud some family “forgiveness wins” at the end of the week—celebrate second chances!

### Remember:

**Forgiveness is a powerful gift. When you let go of hurt and choose to forgive, you create space for more kindness, connection, and joy at home. Every act of apology AND forgiveness brings your family closer, one moment at a time.**