



September Character Trait Curriculum

Forgiveness: To forget someone's wrong doing.

Forgiving Fingers

Age Range: Kindergarten-6th Grade

Supplies: Template (attached).

Set Up: N/A

Instructions: Discuss forgiveness with your children using the talking points below. Complete the forgiving fingers template as a group or have the children complete their own and share once completed.

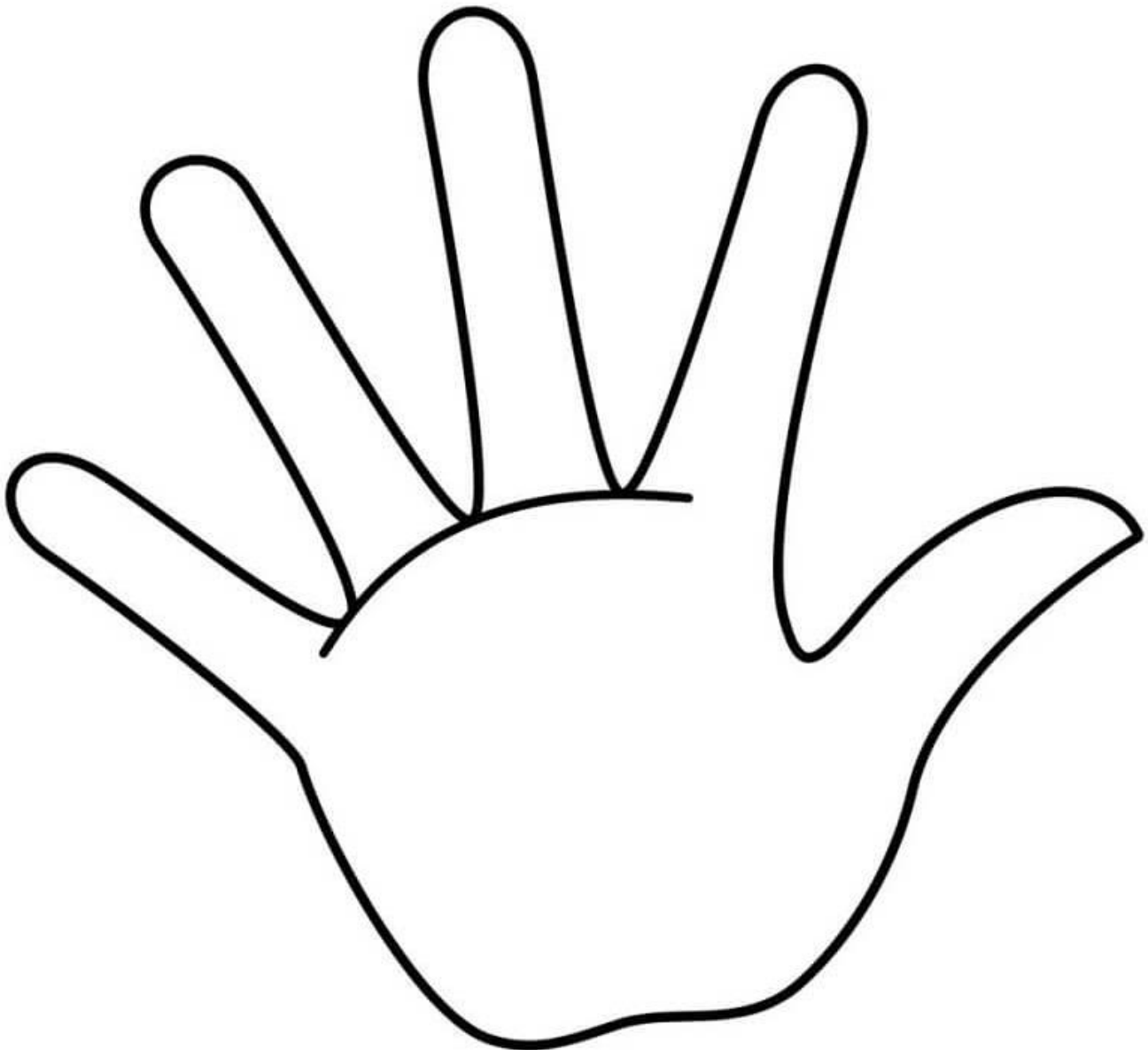
Talking Points

1. What does forgiveness mean to you?
2. When would be a time you should forgive someone?
3. Has there been a time you have had to forgive a friend or family member?
4. Why is it important to forgive someone?
5. How do you feel when someone does not forgive you?



Forgiving Fingers

Forgiving people, or yourself, can be hard. Take a moment to think about why it can help to forgive and how you can do it. Think about why it can be important to forgive someone and write it on the palm of the hand. On each finger or thumb, write a way we can forgive someone. Color and decorate your forgiving fingers.





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Forgiveness: To forget someone's wrong doing.

Forgiving Hearts

Age Range: Kindergarten-6th Grade

Supplies: White paper, markers, sponges, water, buckets or large bowls.

Set Up: N/A

Instructions: Give each child a piece of paper and have them draw a large heart in the center of the page, have the children decorate their heart. Once all hearts have been decorated, take your group outside and divide the children into two teams of equal size. Give each team a large bucket or bowl of water with sponges.

Begin the game by telling everyone they are going to do their best to try and break each other hearts. This is not something we typically encourage, but it is part of the game for today. Have one person from each team stand about 5 feet away from their team and hold up their heart. The rest of their team will stand next to the bucket and begin tossing the sponges at the heart. Be sure the children are gently tossing the sponges, not throwing them with full force. Their goal is to soak up as much water as possible and hit the pieces of paper so they eventually rip because of the water. The children cannot just rip the paper. This continues until all the hearts have been ripped.

Now, discuss forgiveness with your children using the talking points below.

Talking Points

1. What is forgiveness?
2. How did you feel when you saw your teammates throwing sponges at your heart?
3. Why is it important to use forgiveness for this game?
4. Can we all forgive each other for ripping the hearts?
5. Is it more difficult to forgive some things more than others?
6. What could happen if we didn't forgive others?