




<p><b><i>The weak can never forgive. Forgiveness is the attribute of the strong.</i></b></p> <p>Mahatma Gandhi</p>		<p><b>How to Forgive</b></p> <ul style="list-style-type: none"> <li>✓ Letting go of anger and resentment can help you to keep calm, improve your health, and increase your happiness.</li> <li>✓ Just as we appreciate being forgiven, we should likewise forgive the mistakes of others.</li> <li>✓ Work to forgive as soon as you can rather than letting your anger fester.</li> </ul>
<p><b>Forgiveness</b> is the act of pardoning. In the Bible, the Greek word that translates as “forgiveness” literally means “to let go”. We forgive others when we let go of resentment and give up any claim to be compensated for the hurt or loss we have suffered. Forgiveness does not mean condoning the wrong or acting as if it never happened—you are simply letting it go.</p>	<p><b>St Anne’s CEVA Primary School</b></p> <p><b>Values for Life</b> <b>TERM 5 - 2017</b></p> <p><b>FORGIVENESS</b></p>	 <p>Right from the start of school life, children are taught about the importance of forgiving others. In the playground, a child may do something wrong and is asked to say sorry to the person they have offended. The person is given the opportunity to forgive. By accepting an apology, the child learns first-hand about the power of forgiveness to heal hurts, to strengthen relationships and to allow fresh starts.</p>
<p><b><i>Forgive us our trespasses as we forgive those who trespass against us</i></b></p> <p>The Lord’s Prayer</p>		<p>For reflection...</p> <ul style="list-style-type: none"> <li>• How are children and adults within the school community helped to acknowledge that we all make mistakes and we all need forgiveness from God and each other?</li> <li>• How do we make amends for our mistakes?</li> <li>• How do we foster the idea that forgiveness and acceptance of all builds the life of the school community?</li> </ul>