



FORGIVENESS
feelings wrong
change
differently
important faith courage
forgive
anger act person mistake let-go
help focusing someone
show
revenge chance
love God's
new-start relationship
yourself
sadness

Virtue of the Week – FORGIVENESS



“The weak can never forgive. Forgiveness is the attribute of the strong.”

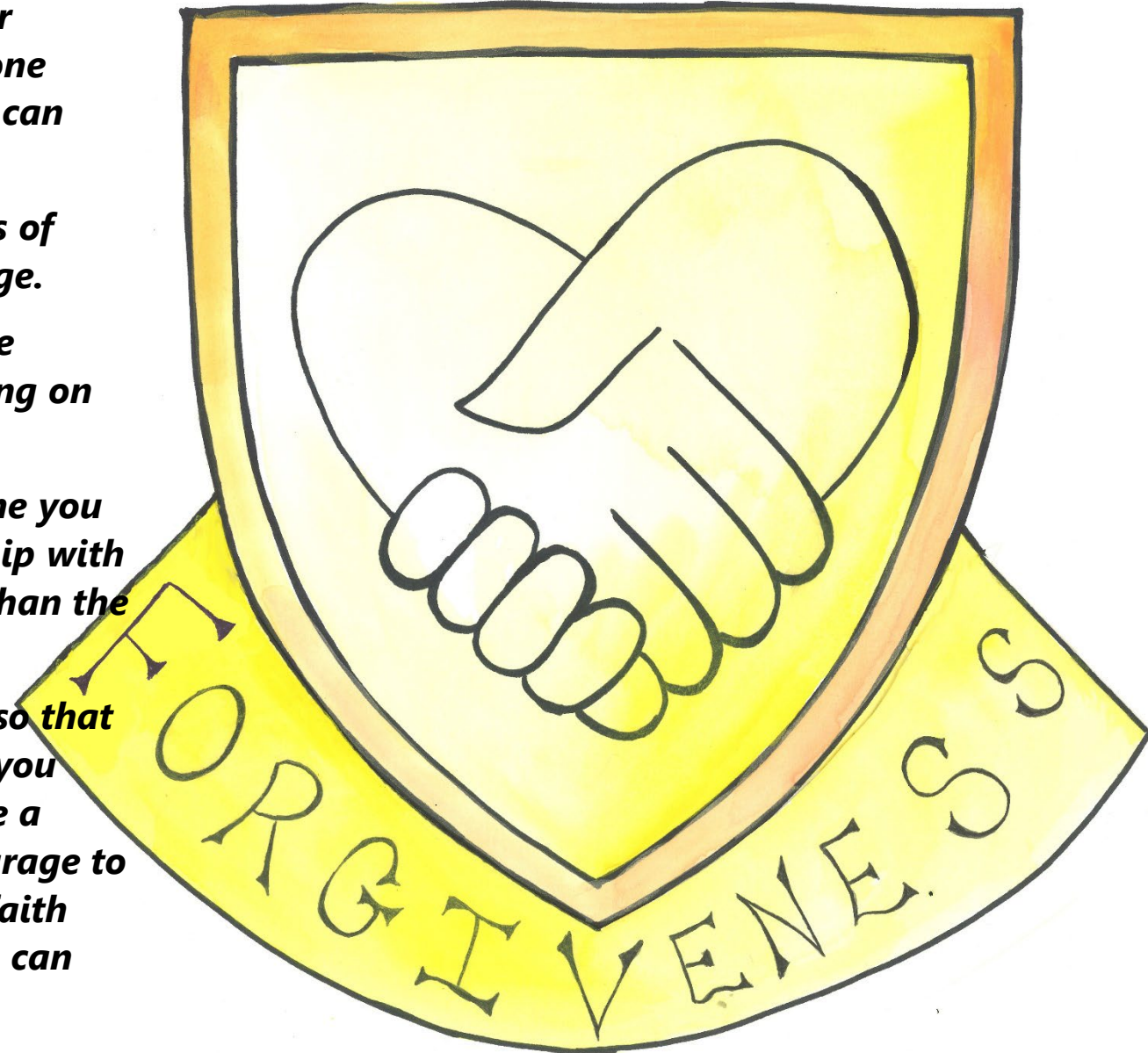
(Mahatma Gandhi)

You might be awarded a *forgiveness* virtue for doing things like:

- Reconciling with fellow pupils after conflict
- Reconciling with staff after conflict
- Helping others to resolve conflict



- ***You give someone another chance after they have done something wrong so they can make a new start.***
- ***You let go of your feelings of sadness, anger and revenge.***
- ***You show your love for the person rather than focusing on the wrong.***
- ***When you forgive someone you show that your relationship with them is more important than the wrong they have done.***
- ***You also forgive yourself so that you do not give up when you have done wrong or made a mistake, but have the courage to act differently and have faith that, with God's help, you can change.***



'Ignorance is not bliss.'

Knowledge

Recent events nationally and globally pave the way for us all to consider what is happening in the world, with us and to the people around us? We are a creation of possessing opinions. Whilst this is important: we must also consider how we are forming these opinions, are we biased, are we ignorant to some of the facts, have we considered all perspectives? Watch the following clip to consider whether we are consumed by facts or myths:

<https://www.youtube.com/watch?v=FpIBt5isiQs>

Reasoning

1. Are you steered by facts or myths? Where do you find your information?
2. How challenging would it be to admit that your information could be biased or misplaced?
3. Can you be strong and forgive yourself/others when faced with inaccuracy?

Practice

1. Own up/identify to a challenge or hardship you/others live through day to day-Form daily reflection chart.
2. Be strong and forgive yourself/others.
3. Make a choice to change your habit and be forgiving of yourself by choosing not to be ignorant-Let people know.