

Children's Mental Health Week: 1 - 7th February 2021

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THURSDAY 4th FEBRUARY - FORGIVENESS

In St Mark's, we picked 'Forgiveness' as one of our Values because learning how to respond appropriately to a negative situation is intricate into Christian life. The word 'forgive' means to wipe the slate clean and to stop blaming someone or feel upset towards someone for something they have said or done. This does not mean that it is instantly forgotten but it shows an act of love, mercy and grace.

Our families have usually been the first people to show us forgiveness when we were little. Our families are our strong basis for how we learn to be around others. Showing remorse can help children solve problems in a peaceful manner when there has been conflict or if they have made a mistake and need to put things right.

ACTIVITY:

Sometimes we need to say 'Sorry' and show that we mean it. We can do this in many ways. For instance, we can help people or do a kind action for someone if they have been upset. We can try to fix an item, or help pay towards it, if something has been broken. We can spend time with people to show we care, and we want to put things right.

There are also times when it is thought children may have done something wrong but this may not be the case and they just need to explain themselves in a clear calm way.

Please can children look at the different scenarios at the bottom of this page and discuss a plan of action they would do for each section with their adult at home.

Then children can express themselves in a creative poem around the subject of 'Forgiveness.' There is a poem template at the end of this page.

Send your creative artwork into the Let Your Light Shine email address to be shared on the school website; LYLS@stmarks.bwmat.org

WHY WILL THIS ACTIVITY HELP SUPPORT CHILDREN'S MENTAL HEALTH?

Everyone makes mistakes at some point. Since we were young, we have all been making mistakes. It is part of how we learn. Risk taking is part of growing up, children will naturally take small risks in their everyday life, such as playing too rough or teasing someone or playing inappropriate games where someone or something gets hurt or broken. Children need to build resilience around making poor decisions by working towards learning that if we make a mistake, we must learn how to help put it right.

It is also important to recognise there are times when children may be unfairly blamed for things they have not done, so by learning how to manage their feelings in an appropriate calm manner and explain this to adults or friends it can save conflicts arising unnecessarily. This will demonstrate to children a positive way of managing situations.

What would you do in these situations?

Look at the examples - discuss with your adult if these are scenarios you may need to show forgiveness for or if you need to explain yourself in a clear, calm, manner.

Adults can read the text for younger children.

You and your brother* want to watch different things on the TV at the same time.



*or sister, or other family member

It's your friend's birthday and you can't afford to buy them a present.



You hid your brother's* toy because he shouted at you.



*or sister's, or other family member's

In the morning you are running late for school but you really want to finish making a model.

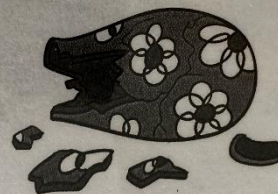


Your mum* told you off for something you didn't do.



*or dad, or other family member

You're playing at your friend's house and you accidentally break a vase.



Write Some Creative Poetry to Express Yourself.

Using the template below - finish the sentences to write a creative acrostic poem around Forgiveness. Use the first letter to start each line of the poem.

Younger children could draw a picture of themselves showing they are sorry.

F = Friendships mean children build trust with each other

O = Only say sorry if you really mean it

R =

G =

I =

V =

E =

N =

E =

S =

S =