



ISD Virtual Learning

Leadership: Character in Action-Forgiveness

May 14, 2020



Leadership

Character in Action, Forgiveness: May 14, 2020

Objective/Learning Target:

1. Students will identify an area in their life where they need to forgive.
2. Students will understand why forgiveness is closely connected with level of happiness.

Warm Up

Today you are going to create a reminder for yourself.

On a post it note, or a small piece of paper, write the following statement:

NOBODY IS PERFECT AND THAT IS OKAY

Now put this statement someplace where you will see it during the day.



Lesson Activity

Today we are going to focus on the character trait of forgiveness.

You are going to start by watching a powerful video about forgiveness in action.

As you watch the video, or right after you watch, answer the questions in your notebook.

[“The Power of Forgiveness”](#)

- “What are your first thoughts after watching the video?”
- “Do you know of an instance of Forgiveness that you have experienced or seen in your life that was powerful? What made it powerful?”
- “What do you think about Forgiveness? Do you think it is important and needed in our world and day-to-day relationships? Why or why not?”

Practice

Now you are going to have the opportunity to do a portion of the exercise in the video.

Close your eyes and picture someone who you are currently holding a grudge against or are having some unresolved conflict with. If you can't think of anyone you are holding anger against to think about something negative that was said to you that may still be bothering you.

Now, in your notebook, write down the name of the person, or people, that you are thinking about. You will use this in the next lesson.

“Forgiveness defined is letting go of resentment. In fact, forgiveness is more for you than it is the other person. It is not saying that what someone did is ok, but rather it is letting go of the feelings that are holding you back from moving forward.”

Reflection

I want you to think as you leave today about who you need to forgive and why forgiveness is so important and powerful to practice in our lives.

Remember this as you go throughout your day.

