



ISD Virtual Learning

Leadership: Forgiveness in Action

May 15, 2020



Leadership

Forgiveness in Action: May 15, 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

Quarantine Self Reflection:

Answer these questions in your notebook.

1. What is one thing that you have learned from this time in quarantine?
2. What is something you think we have learned as a community?
3. How do you think the world will be different when the quarantine is behind us?



Lesson Activity

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.”

Watch this video from soulpancake about forgiveness:

[“Calling to Forgive a Loved One”](#)

After you watch the video answer these questions in your notebook:

1. What is something you learned from this video?
2. Why do you think forgiveness is important?

Practice

Look at your notebooks from the previous lesson.

In this lesson you were asked to do this:

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 I want you to answer the following questions with that person in mind.

1. Who is the person you are holding a grudge towards or who made the negative comment toward you?
2. What was the event that caused the tension between the two of you?
3. How do you currently feel about the situation?
4. In your own words, what would you say to the person, if you could, that would show Forgiveness?

Reflection



How did you feel doing this forgiveness activity?

It has been said that forgiveness is closely related to happiness. Why do you think this is true?

How do you believe forgiveness is related to leadership?