

Standards: PE.2.R.5.4 Identify ways to successfully resolve conflict with others. PE.2.R.6.1 Identify ways to use physical activity to express feelings.

Goal: Students will be able to demonstrate what it means to be kind to others.

Scale:

- 1- I do not know what it means to care for others.
- 2- I can identify one way to care for someone else.
- 3- I can identify at least 3 ways to care for others in the world around me.
- 4- I can identify 3 or more ways to care for others and I can teach others to do the same.

Materials:

- Balloon (not blown up)
- Ball
- Construction Paper
- Markers
- Zip-loc or paper bags
- Piece of cardstock or construction paper for each student

Procedure:

DQ2: Intro/Review/Engage: Ask students what the word forgiveness means.

- letting go of hard feelings like anger, sadness, or frustration that happen when you or someone else makes a mistake
- saying “Thank you” or “That’s okay” when someone apologizes and not staying upset about what they did.
- having patience with yourself and others, and recognizing that no one is perfect—everyone makes mistakes.
- letting go of hurt feelings, and moving ahead, ready to do things.

It does not mean that all of a sudden what someone did doesn’t hurt or isn’t wrong. It means that you find it in your heart to *give the person another chance*. Let go and move on even if you don’t get an apology. Forgiving is an action (a verb), something you DO. Many times the object of our forgiveness neither wants it nor thinks it’s necessary. In that person’s mind they did nothing to warrant you forgiving them. Forgive anyway! What matters is that you have feelings that need to be released.

Direct Instruction: Balloon Analogy: Why Forgiveness Is Important

Q: Part of forgiving someone who has hurt you or something that belongs to you is recognizing your feelings (angry, sad, frustrated, helpless,), letting them happen, and then letting them pass so that you can move on. One way to help your feelings move on is to let them out—in a healthy way.

- What happens if you hold all of those feelings inside and stay sad or angry, or if you tuck those feelings away somewhere inside your heart? (Blow some air into a balloon.) This air is like anger or sadness that comes into us.
- If we let it out each time we feel angry or sad – when we forgive, it’s not such a big deal—just a little air comes out and we’re back to normal. (Let air out of balloon.)
- But if we keep it inside, and keep adding to it each time we get upset and hold it in (blow into balloon several more times) then what happens? What will the balloon do if we keep blowing into it?
- And watch what happens when I let it go. (Balloon deflates and flies all over room.)
- It’s pretty out of control. If you hold all your anger inside for a long time, it might all come out at once sometime, and you could have a much bigger reaction than the situation calls for.

DQ2: Shared Practice: Game: “Hot Feeling” (like Hot Potato)

What are some of the things your body feels when you feel angry or frustrated? One thing is that you might get really hot. I call those feelings “hot feelings” because sometimes your face can get red, you might feel a burning feeling in your stomach, and you might even feel like a volcano full of hot lava! When you touch something hot, do you want to hold it? No! You want to let it go as quickly as you can.

- In this game, the ball is a “hot feeling.” Pass it around the circle while the music plays, letting it go as quickly as you can.
- When the music stops, whoever is holding the hot feeling has to keep holding it until the rest of the group says, “We’re sorry.”
- The person holding the ball puts it down and says, “That’s okay.”
- Then that person is out, and the game continues until only one player is left.

DQ3, 4: Independent Practice: Craft: Broken Heart Puzzle

Explain that when we practice forgiveness, we allow our heart to be healed from whatever hurt us. We also help heal the hearts of people who may have hurt us unintentionally. We’re going to make a heart, “break” it, and then put it back together again to show how forgiveness helps us heal.

- Have kids cut out a large heart from the cardstock.
- Kids draw a picture of themselves or something that makes them happy on the heart.
- Have them cut their heart into six or more randomly shaped pieces. They now have a broken heart puzzle. Explain again how forgiveness helps us heal, and put the broken heart back together.
- Then trade with another student and see if you can heal their heart, too.
- Give each student an envelope or sandwich bag to hold their puzzle pieces

DQ 1: Check for Understanding/Assess:

Reflection: