

Lesson 2: Magic Water

WE ARE LEARNING: About the effects of saying sorry.

BORIS ASKS: Can the children describe how an apology can help mend a situation?

RESOURCES: Water; clear jugs; blue food colouring; bleach

Get a clear container, water, blue coloured food-colouring, and bleach (containing chlorine).

Half fill the jar with water and say that this is a bit like our hearts. Explain that when we hurt someone, we leave a mark on their heart. As you are doing so, add 4 or 5 drops of food colouring. Ask the children how the heart (water) is looking, (they should say it has changed colour), the 'hurt' has left a mark.

Ask the children to suggest ways they could hurt or upset another person.

Ask the children how they could help to 'rub out' the marks they have made on someone's heart. Ask the children if just saying sorry is enough. Explain that saying sorry is not just a word, it is a commitment to the other person that you regret what you have said or done and will do your best not to do it again.

As you do this, carefully add a cup of bleach to the water. The bleach will discolour the blue food-colouring over the course of a minute and make the water clear again. Show the children how the hurt (the colour) has disappeared.

Saying sorry, helps the other person to forgive and 'rub out' the hurt in their heart. Ask the children why they think saying sorry helps the other person (refer back to the regret felt and the commitment to not do it again; it shows that the person values the relationship enough to say sorry).



R&HE

CF4. that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

CF5. how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

RR3. the conventions of courtesy and manners.

PSHE

R7. that their actions affect themselves and others

R12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves

HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

BIBLE REFERENCE

Do for others just what you want them to do for you. Luke 6:31

SMSC

The social development of pupils is shown by their:

- willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively

SIAMS

Strand 4: Community and Living Well Together

Strand 5: Dignity and Respect