

# Don't Rub it in, Rub it Out!



## Lesson 3: Play it Out

**WE ARE LEARNING TO:** Think about and describe the difference between forgiving and not.

**BORIS ASKS:** Can the children talk about the effects of choosing to forgive or not?

**RESOURCES:** Slides; worksheet

Forgiveness is an extraordinarily hard thing to practice and perhaps it could be the hardest thing we ever do in life. In this lesson, children can explore the difference of forgiving a hurt and compare it with 'getting even'.

Show the children the accompanying slides and in small groups ask them to answer the following questions:

- What has happened?
- How would they feel if this happened to them?
- What could they do about it?
- Which of these things is an accident and which is deliberate?
- If it's an accident does this make it easier to forgive the person?
- What would a HeartSmart response to each scenario be?

Ask the children to complete the worksheets and explore the difference between forgiving and not forgiving (or rubbing in and rubbing out). Ask the children to really consider what the effects of these decisions will be on their hearts. Ask them to consider how a HeartSmart response will strengthen and bring health to their heart.



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

#### 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.

#### PSHE

**R2.** to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships

#### BIBLE REFERENCE

Forgive each other just as God forgave you in Christ. Ephesians 4:32

#### SMSC

**The spiritual development of pupils is shown by their:**

- use of imagination and creativity in their learning
- willingness to reflect on their experiences

#### SIAMS

Strand 2: Wisdom, Knowledge and Skills

Strand 3: Character Development: Hope, Aspiration and Courageous Advocacy