

9 Habit Activities March: Forgiving

This month, we are focusing on the Habit of forgiving. What do you think it means to forgive someone? Have you made any stronger friendships by letting go and forgiving?

Create an 'I will' poster – at the top of the page write, 'I will...' then add on to it all the things that you want to make sure you do each day such as, I will forgive others. This will remind you to think about yourself and others.

Develop your growth mindset – start to think about how you can keep calm in difficult situations so that you don't get down after them and solve problems by forgiving easily. Think about how they are feeling also – what can you do to make things better?

Choosing not to forgive others can be a heavy weight on our minds. It can cause us to feel sad and anxious. Make a paper plane or bird, use this link to learn how to make an origami bird:

<https://www.youtube.com/watch?v=pdsE5-GWK1Y>

Write on people's names or times that you want to forgive and let it fly off into the air! This will help you shed your negative emotions.

