

Minchinhampton C of E Primary Academy

FORGIVENESS CURRICULUM

Worship

[Assembly planning proforma](#)

Mon	Tues	Wed	Thurs	Fri
KS2: HT KS1: HT	KS2: HT KS1: HT	KS2: Church visitors KS1: with class teachers	Class worship	Whole school + hymn

Minchinhampton's spiritual pathways:

[Spiritual pathways poster.pdf](#) [Parables revision 2](#)

“

	Ourselfs	Other	Beyond us
We appreciate..	ourselves	our differences, our world	We feel part of something greater
We have compassion...	for ourselves	for others, for the world	We feel love is the answer
We are curious	about ourselves	about others, about the world	We feel wonder

Notes re spirituality
Beauty as a way in—congruence, connection, at the limits of logic, path to peace
Mathematical patterns
Scale- https://www.youtube.com/watch?v=DWouwx3Hxmk
Natural Wonders ppt
Man-made wonders ppt
The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause to wonder and stand wrapped in awe, is as good as dead; his eyes are closed. Einstein

To see a World in a Grain of Sand And a Heaven in a Wild Flower, Hold Infinity in the palm of your hand And Eternity in an hour." — **William Blake, Auguries of Innocence**

"And in this [sight], he showed a little thing the quantity of a hazelnut, lying in the palm of my hand as it seemed to me, and it was as round as any ball. I looked therein with the eye of my understanding, and thought: "What may this be?" And it was answered generally thus: "It is all that is made." I marveled how it might last, for it seemed to me it might suddenly have fallen into nought for its littleness. And I was answered in my understanding: "It lasteth and ever shall, because God loveth it. And so hath all things being by the love of God." Julian of Norwich

Autumn Term: Forgiveness

Spirituality Soundbites:	Ourselves	Other	Beyond us
Vision:	People who have the means to shape their own lives well	People who are compassionate, who appreciate and value the preciousness of each and every person and all life on earth	People who take a delight in learning and feel part of something bigger than themselves.
Levels of forgiveness:	Self-forgiveness, which enables us to release our guilt and perfectionism.	The forgiveness we extend to others and receive from them, intimates and enemies alike.	The forgiveness of God that assures us of our worth and strengthens us.
Parables/ stories- to focus on	Jonah and the Whale	Les Miserables	The Prodigal Son
Prayer – to focus on	The Lords' Prayer	The Lords' Prayer	The Lords' Prayer
Key messages to be given around school / when discussing forgiveness	You need to be kind to yourself ...try not to blame yourself We are all important but no more important than anyone else.'	Love your neighbour Love your enemy	"Forgive, and you will be forgiven." Luke 6:37
Vision objectives related	-Self knowledge -Spirituality and wisdom borne out of knowledge of the world within as well as the world without; -People feeling like anything is possible, that their lives are full of possibility, that there is hope	-Moving forward together -Adopting a collaborative approach- we need each other -Relationships which are respectful and positive and constructive. -Taking responsibility for ourselves and others	-instilling a reverence for learning. -people feeling like anything is possible - reflecting deeply - spirituality and wisdom borne out of knowledge of the world within as well as the world without;
School Projects	Families to take strengths test at home	Peer mediation training for volunteers from each class. These pupils to try to resolve low level disputes. Extra play.	Debate forgiveness in context of world conflicts and terrible crimes against humanity
Debates		Should Goldilocks be forgiven?	

P4C possibles	Should we forgive ourselves for everything we do? Is all behaviour communication and therefore should it all be forgiven?	Do we need to forgive others who have wronged us?	What would the world be like if we were really good at forgiveness?
Display: by upper KS2- focus on Prayer space	Follow up one of the above	Follow up one of the above	Follow up one of the above

Notes/ core messages re forgiveness

Forgiveness is a spiritual principle that involves releasing resentment, anger, and negative emotions. It is not about condoning harmful actions or forgetting past experiences but rather a process of letting go, finding compassion.

Forgiveness extends beyond forgiving others; it also involves forgiving oneself. Many of us carry guilt, shame, or self-blame for past actions or perceived failures. Self-forgiveness and self-compassion allows us to embrace our imperfections, release self-judgment, and nurture self-acceptance.

Spiritually, forgiveness connects us more deeply with God. It allows us to mirror God's mercy, fostering a closer relationship with Him. By forgiving, we obey God's command, opening ourselves to receive His forgiveness and grace.

'This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth'- Timothy 2: 3-4

Mentally, forgiveness can lead to a significant reduction in stress and anxiety. Holding onto grudges and bitterness can weigh heavily on the mind, leading to negative thought patterns. Forgiveness allows us to release these burdens, offering peace and liberation.

Emotionally, forgiveness promotes healing and emotional well-being. It enables us to move past hurt and resentment, fostering empathy and understanding towards those who have wronged us. This emotional release can improve our mood, enhance our relationships, and increase our happiness; help us to feel inner peace, and a sense of wholeness

Forgiveness is very hard. "The weak can never forgive. Forgiveness is the attribute of the strong." Mahatma Gandhi

"Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:43-44).

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."^[a]

"Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do." - *Colossians 3:13*

"Forgive, and you will be forgiven." *Luke 6:37*

Unforgiveness can hinder one's spiritual growth (and if you believe in God can create a barrier between you and God and block the flow of God's forgiveness and blessings).

Love prospers when a fault is forgiven, but dwelling on it separates closest friends (Proverbs 17:9).

Unforgiveness can lead to the deterioration of relationships and the lack of future relationships because we end up in a state where all are laboured: “people who hurt you” or “I don’t trust people, ” which hinders future potential relationships. It breeds resentment, anger, and distance between individuals. Un-forgiveness harms the one holding onto it and strains and can even sever relationships with others. It prevents the restoration of broken relationships and the possibility of reconciliation and mutual growth, which the Bible encourages.

Principle 1: Honesty: Forgiveness includes acknowledging that you are hurt, accepting the pain as your own, and being honest with yourself about the effect it's had on you. Forgiveness happens by being honest about what it was like for you to be betrayed, lied to, offended, mistreated, and abused. Forgiveness is not about making excuses for others' misbehaving; it doesn't make it okay that you were hurt, and it certainly does not mean that you forget the offense. Instead, practice acknowledging it as part of your history so you can move forward.

Principle 2: Be humble: Being humble is having the awareness that you are no better than anyone else. Especially with matters of forgiveness, it's essential to remain humble. Humble people do not expect anything from others and give lovingly (including their forgiveness) without any expectations attached. To reach that level of forgiveness, one must practice humility and remain open to positive outcomes

Principle 3: Be vulnerable: It takes a heavy amount of vulnerability and strength to forgive. It also takes self-awareness to acknowledge that someone has negatively impacted us. By looking at ourselves and our wounded relationships with openness, we can appreciate our vulnerabilities that come with being human.

In Hinduism, not only should one forgive others, but one must also seek forgiveness if one has wronged someone else. Forgiveness is to be sought from the individual wronged, as well as society at large, by acts of charity, purification, fasting, rituals and meditative introspection.

Autumn Events			
-Harvest Experience Harvest 10 th Oct- Young Minds mental health	- Remembrance - Bike to School	- Divali: Divali ppt ; Rama And Sita ppt Rame and Sita story Fireworks: Code + pwr point Hannukah	- Christmas: - Xmas story KS1 bbc vid Children in Need
Songs			
<u>Ongoing</u> -You will go out with joy -Lord is my shepherd <u>Harvest</u> -Who put the colours in the rainbow -Paintbox	-Make me a channel	-Shalom my friend	-Little Town of Bethlehem

Pupil Led Worship			
AW & TJ	Sharks- sense of awe and wonder...delight/ curiosity		
Chloe	Small things together make big difference		

To do list	
NM and KT liaise re P4C	Paralysed man (Jesus forgives him) and Joseph (forgives his brothers and gives them food).
Plan debates	
NM and MW decide songs	

Weekly Planning

Week 1 : 03 09: Introduction to forgiveness: Vision, values and Christianity

Parables revision; [Blob pic- way into spirituality](#); [Wonder ppt 1](#)

Vision & intro	KS1	KS2	Class	Whole School
Ourselves				
Others				
Bigger than us	1. Vision aims- Where forgiveness fits?- 1. planning-/// blob pwr point 2. Spiritual pathways- A- planning	1. Vision aims- Where forgiveness fits?- 1. planning-/// blob pwr point 2. Spiritual pathways- A- planning	Spiritual pathways 1. class planning	Wonder/ all that lies 'beyond us' Pwrpoint of wonder

Week 2: 09 09: When is forgiveness a thing?: Being wronged by others and doing wrong by others

	KS1 x3	KS2 x3	Class	Whole School
Ourselves				PSHE lead : PSHE intro- link to forgiveness
Others	1. Behaviour policy- forgiveness & fresh starts	1. Behaviour policy- forgiveness & fresh starts 2. Layers of forgiveness – us-	Behaviour policy- mistakes/ learning/ forgiveness Discuss and sign 4P's	Prodigal Son whole school pwrpoint Prodigal Son whole school planning

	2. Layers of forgiveness – us- others- beyond	others- beyond 3.Church led; 2. Parable: Unforgiving servant KS2 pwrpoint- not completed		
Bigger than us				

Week 3: 16 09: Forgiveness is really hard

Many people still find it to be a nearly impossible ideal.

	KS1	KS2	Class	Whole School
Ourselves	2.PSHE lead : PSHE intro- link to forgiveness	2.PSHE lead : PSHE intro- link to forgiveness		
Others Unforgiving Servant bible extract- how many times	1.No worship- photos 3. Parable: -Unforgiving servant KS1 youtube	1.No worship- photos 3.Church led; 2. Parable: Unforgiving servant KS2 pwrpoint	Reflect on learning: See spiritual section of a subject's KO	
Bigger than us				Parable: Prodigal Son whole school revisited- why is forgiveness hard?

Week 4: 23 09: And yet we're told- Forgiveness is good for all of us 1: The power of forgiveness for you

"When you forgive, you in no way change the past - but you sure do change the future."- *Bernard Meltzer*

"It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody. "- *Maya Angelou*

In Buddhism, forgiveness prevents harmful thoughts from causing havoc on one's mental well-being. Buddhism recognizes that feelings of hatred and ill-will leave a lasting effect on our mind-karma. Buddhism encourages the cultivation of thoughts that leave a more wholesome effect.

	KS1	KS2	Class	Whole School
Ourselves		1. Other faiths: Buddhism Karma 2. Singing assembly- harvest prep	Class worship:	
Others	3.Class teacher led: Story: Will you forgive me- Sally Grindley Will you forgive me notes			
Bigger than us		3 Church led: Life of Jesus: Zacchaeus- forgive and fresh starts pwrpoint		God: Golden glue of spirituality - Holy Trinity

Week 5 : 29 09:

Given it is really hard, given it is good for us- -- what can we do? : Self- awareness & honesty re feelings

Principle 1: Honesty: Forgiveness must include looking truthfully at one hurt you have not been able to forgive; acknowledging that you are hurt, accepting the pain as your own, and being honest with yourself about the effect it's had on you. Identify any associated feelings you might have, such as anger, denial, guilt, shame, or embarrassment. Forgiveness happens by being honest about what it was like for you to be betrayed, lied to, offended, mistreated, and abused. Forgiveness is not about making excuses for others' misbehaving; it doesn't make it okay that you were hurt, and it certainly does not mean that you forget the offense. Instead, practice acknowledging it as part of your history so you can move forward. Imagine what it would be like to live without feeling this offense. Then let it go.

Other resources: [-Minch Bullying video](#) [-Bullying notes](#) [-Bullying- bitesize vids](#) [KS2: Being a bully- bbc video-](#)

	KS1	KS2	Class	Whole School
Ourselves	<u>Monday:</u> Explore an emotions wheel- learn about different words for feelings	<u>Monday:</u> Honesty re feelings- Explore feelings around how you felt when bullied/ mistreated <u>Tuesday:</u> 2. Bullying focus : -Being bullied bbc video- discuss	<u>Thursday:</u> RE retrieval	<u>Friday:</u> Young Minds Mental Health Day
Others	<u>Tuesday:</u> Know the types of bullying- Bullying ppt	<u>Wednesday: church:</u> Unforgiving servant or Zaccheus		
Bigger than us				

Week 6: 14 10: Given it is really hard, given it is good for us- -- what can we do? : Vulnerability and strength

Principle 2: Be vulnerable: It takes a heavy amount of vulnerability and strength to forgive. It also takes self-awareness to acknowledge that someone has negatively impacted us. By looking at ourselves and our wounded relationships with openness, we can appreciate our vulnerabilities that come with being human.

	KS1	KS2	Class	Whole School
--	-----	-----	-------	--------------

Ourselves		Monday: Forgiveness helps us emotionally. Being emotionally honest/ vulnerable helps us forgive	Friday: Using stem sentences for pausing and reflecting on learning – in a spiritual way	
Others	<u>Monday: Story: Sorry really sorry</u> Tues: singing assembly	Tues: singing assembly		
Bigger than us	Wed : church - Creationtide	Wed: church- Creationtide- lead in to Harvest		Thurs: harvest assembly

Week 7: Ways of thinking that might help 1 : **How we think about mistakes**

Books: [The dot](#); [//// the girl who never made mistakes](#); Ish

	KS1	KS2	Class	Whole School
Ourselves	<p>1. Story: (beware of a fixed mindset)- The girl who never made mistakes</p> <p>2. Zaccheus – given he not v nice, why did Jesus forgive him</p>	<p>1. We all make mistakes— importance for learning/ growth mindset...</p> <p>2. Zaccheus – given he not v nice, why did Jesus forgive him</p>	<p>Mistakes I have made - KS2 What kind of mistakes do we make?- as class try to put mistakes into table of categories How many mistakes do we make-? Try to estimate the number of mistakes we make in a day—plot them across a day Is there anyone in class who has not made mistakes?</p> <p>Mistakes I have made – KS1 Class discussion about the kinds of mistakes we all make</p>	
Others		<p>3. Church : KS2 and KS1 : Zaccheus- why were people surprised that Jesus forgave Zaccheus? What didn Jesus sday about forgiveness Church</p>		
Bigger than us	Jesus forgives sinful woman bible extract			<p>Life of Jesus: Jesus forgives sinful woman you tube KS2 The bigger the sin the more forgiving we need to be</p> <p>Stones in a bag—again and again and again assembly</p>

Week 8: Ways of thinking that might help 2: **Appreciating difference and being humble// do not judge**

Principle 1: Being humble is having the awareness that you are no better than anyone else. Especially with matters of forgiveness, it's essential to remain humble. Humble people do not expect anything from others and give lovingly (including their forgiveness) without any expectations attached. To reach that level of forgiveness, one must practice humility and remain open to positive outcomes

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."

- Martin Luther King Jr.

Appreciating difference	KS1	KS2	Class	Whole School
Ourselves 1.Pupil led: (my neurodivergency) 2.Pupil led- we are all important		1. Restorative conversations <u>-Speck and log restor conversation-ppt</u> 2. <u>Singing assembly</u>	Learning- self report in Spring preparation- using spiritual stems	INSET day
Others		3. <u>Church:</u> <u>Parable- The Speck and the Log</u> <u>-Speck and log video youtube.</u> <u>-Speck and log- glass houses ppt</u> <u>-Speck and log- are you perfect?</u> ppt		
Bigger than us. Example: Martin Luther King		1		

Week 9: Ways of thinking that might help 3: Believing we can change and having hope

Forgiveness is freeing. It means that we can move out of our previous position and move on with our lives. Best of all, it enables us to be reconciled with our neighbors and with God so that once again we feel part of the greater community of the spiritual life.

Muslims believe that if a person is truly sorry and repents for their sins, Allah will forgive them. In order for an offender to realise the impact of their actions on others and change their ways, it is important that forgiveness happens.

	KS1	KS2	Class	Whole School
Ourselves		1. <u>Example: John Newton- story of Amazing Grace KS2</u> https://www.bbc.co.uk/teach/school-radio/articles/z7dgy9q		1. <u>Life of Jesus: died for our sins Crucifixion notes</u>

		2. Singing: Choir sing Amazing Grace		
Others				
Bigger than us				Remembrance Service Make me a channel/ amazing grace

Week 10: Be wary of not forgiving: what happens when we can't forgive others? Revenge, bitterness and guilt

Feeling so wounded that we want revenge, constant brooding over a long list of petty grievances; bitterness and stubbornness and the need to be recognized as the one who is right—all lead to erecting walls between ourselves and others. Also not forgiving ourselves and feeling so guilty we don't know how to approach someone we have offended; feeling worried that the hurt could happen again.

	KS1		KS2	Class	Whole School
Ourselves			Monday: Remembrance- including pupils Tuesday: World conflict pwrpt		
Others			Wednesday: Please focus on Bible story – what happens when we don't forgive?		Whole school Other faiths: Forgiveness in the story of Rama and Sita- notes Divali ppt Rama And Sita ppt Rame and Sita story
Bigger than us					

Week 11: Forgiveness is good for all of us 2: The Power of Forgiveness for others

	KS1	KS2	Class	Whole School
Ourselves				Zones of regulation assembly
Others		Story: Les Miserables- pwr point story Les Miserables full text		
Bigger than us		Life of Jesus: - Zacchaeus- forgive and fresh starts		Revision: whole school

--	--	--	--	--

Week 12: Forgiveness is good: The power of forgiveness: beyond us

Forgiveness is intricately connected to spiritual growth and our journey towards wholeness. It invites us to get over ego-based thoughts and emotions and instead to cultivate compassion and expand our capacity for love and understanding. Through forgiveness, we honor the spiritual dimension of our lives and tap into our inherent wisdom and interconnectedness with others. By aligning with spiritual principles, we unlock the transformative potential of forgiveness and nurture our spiritual well-being. Forgiveness enables us to be reconciled with our neighbors and with God so that once again we feel part of the greater community of the spiritual life.

	KS1	KS2	Class	Whole School
Ourselves				
Others		1. Example: A Pope's Forgiveness KS2		
Bigger than us	Jonah and the Whale- BBC- God's forgiveness	1. Story: The Forgiveness Garden- transformation of a community 2. Jonah and the Whale full notes	Nelson Mandela KS2 –the chance for a whole country to heal	Parable- the meaning of spirituality- The barren Fig Tree-

Week 13: Practicing forgiveness 1:

Relationships –when saying sorry is not enough? Giving something back- showing you mean it

In Hinduism, not only should one forgive others, but one must also seek forgiveness if one has wronged someone else. Forgiveness is to be sought from the individual wronged, as well as society at large, by acts of charity, purification, fasting, rituals and meditative introspection. Other steps may be necessary for healing — a confession of your contribution to the conflict, making amends, changing behavior, a commitment to the community

	KS1	KS2	Class	Whole School
Ourselves	The Invisible boy- importance of relationships	David Beckham- hated to forgiven full story- need pwr point		
Others	1. Story: Sorry really sorry	1. Draw the line- KS2 2. Hinduism –giving back		
Bigger than us		God: love your neighbour		

Week 14: Practicing forgiveness 2: Restorative conversations & resolving conflict

	KS1	KS2	Class	Whole School
Ourselves				
Others		1. Example: Enniskillen KS2 2. Pupil led: affect of restorative		
Bigger than us		Conflict resolution for nations		