

this month

January

IN

S.E.L

(Social Emotional Learning)

**Arno Elementary invites you to
CHOOSE FORGIVENESS!**

Here are some ways to incorporate forgiveness into your classroom culture:

- Read books from our Forgiveness book list
- Log in to the [Choose Love Curriculum](#) portal and select your grade level for age specific lesson plans!
- Teach students how do use the Four Step Apology formula:
 1. "I'm sorry for..."
 2. "This was wrong because..."
 3. "In the future, I will..."
 4. "Will you forgive me?"

Families can use the following discussion starters and activities with their children:

- "What does forgiveness mean to you?"
- "Were there any examples from your day (or week) where you or one of your friends could have practiced forgiveness, but didn't? How do you think the situation might have turned out differently if you (or they) did?"
- Refer to the Forgiveness monthly calendar for more ideas!

Forgiveness means choosing to let go of anger and resentment toward yourself or someone else.

Students learn how to forgive themselves and others if they've made a mistake, caused an accident, or hurt someone as a result of their actions. Forgiveness has been shown to improve relationships, decrease anxiety and stress, lower blood pressure, lower the risk of depression, and strengthen immune and heart health.

Learning Objective:

- Students will be able to understand that forgiveness is a choice and a process.
- Students will be able to define and discuss what forgiveness means to them.

Learning Reflection:

What weight are you carrying around?
How would your attitude and life be different if you could forgive and let go of this weight?

Be sure to check out Arno Elementary's very own FORGIVENESS book list on the next page!

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Books on Forgiveness (Available at the Arno Library)

Lilly's Purple Plastic Purse - Kevin Henkes

Forgiveness - Lucia Raatma

We All Need Forgiveness - Mercer Mayer

Forgive Me Please - Serena E. Bryan

Mr. Lincoln's Way - Patricia Polacco

I'm Sorry - Sam McBratney

Sorry! - Trudy Ludwig

Forgive and Let Go - Cheri Meiners

Will You Forgive Me? - Sally Grindley

Show Each Other Forgiveness - Melody Carlson

The Berenstain Bears and the Forgiving Tree - Jan and Mike Berenstain

Rising Above the Storm Clouds - What It's Like to Forgive - Robert D. Enright

Matthew and Tilly - Rebecca Jones

The Forgiveness Garden - Lauren Thompson

Big Al - Andrew Clements

The Sandwich Swap - Raina

The Secret Olivia Told Me - N. Joy

Thank You World - Alice B. McGinty

Our Friendship Rules - Peggy Moss and Dee Dee Tardif

Desmond and the Very Mean Word - Archbishop Desmond Tutu and Douglas & Carlton Abrams