

MARCH 2017 | *Salamander*

# FORGIVENESS

Deciding that someone who has wronged you doesn't have to pay.



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## MARCH

It's so tempting to want revenge, or payback, or justice when someone has done you wrong. In those moments of anger, it's hard to remember what it's like to be on the other side.

But deciding that someone who has wronged you doesn't have to pay does much more than let someone off the hook. Having the courage to let go and forgive is powerful, and it frees you – the forgiver -- from the anger and resentment.

***FORGIVENESS is deciding that someone who wronged you doesn't have to pay.***



## MARCH 2017 : FORGIVENESS // SALAMANDER // GREEN

### SAY IT:

Forgiveness is deciding that someone who has wronged you doesn't have to pay.

### KNOW IT:

*Ask a kid:*

- How is forgiving someone like giving them a chance to start over?
- Have you ever argued with someone so long that you forgot what you were arguing about?

*Ask a grown up:*

- Is it harder for you to apologize or to forgive someone?
- How does it hurt us when we choose not to forgive?

### SEE IT:

Go to YouTube to look up the video "Rosa Learns Forgiveness". This 2-minute video tells the story of two friends who have a bad fight that might end their friendship. After you watch the video, talk about Rosa and Ana's story. Has that ever happened to you? Did Ana and Rosa do the right thing? Should one of them have "paid" for their actions, or did they already?

### BE IT:

Head outside and find several rocks. Take turns having each family member fill his or her pockets with the rocks and walk around for a while. What does it feel like to carry around that weight? How is forgiveness related to carrying around those rocks? When you are done, give each person one rock to put in his or her room to remember what it felt like to not forgive.

# March 2017

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



MARCH 2017

# Announcements

FORGIVENESS // SALAMANDER // GREEN

## Day 1:

The Big Idea this month is forgiveness. Our animal is the salamander and our color is green. When we decide that someone who has wronged us doesn't have to pay, we are using forgiveness.

## Day 2:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Our color this month is green. Green is a color which is associated with growth, a sign of maturity, and the return of something beautiful after a devastating catastrophe, like a forest fire. You can see why green is a perfect color to represent forgiveness.

## Day 3:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Throughout this school year we have been talking about important value words called Big Ideas. Each month, we have talked about a Big Idea, learned about it, looked for it in others and then practiced living it out in ourselves. We will learn this month that forgiveness is a choice, just as deciding to obey or to be responsible is a choice.

## Day 4:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. What does it mean to "have to pay" for wronging someone? How have you made someone pay for wronging you in the past? Usually making someone pay for wronging you makes things worse.

## Day 5:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Think about someone right now who has wronged you or hurt you. Do you have feelings of anger or resentment towards them? Let go of those feelings. You'll be glad you did.

### Day 6:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Think about the Big 3: treat others right, make smart decisions and maximize your potential. How would forgiving someone be treating others right?

### Day 7:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. When we are angry with someone, we are filled with an emotion called resentment. Nelson Mandela once said: Feeling resentment is like drinking poison and waiting for it to kill your enemy." What do you think he means by that?

### Day 8:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Green traffic lights tell us that the way is clear for us to go. Notice green lights on machines tell us that they are on. Green buttons also make it easy for us to work elevators, appliances and machinery. The Ancient Egyptians believed green to be a healing color. If an Egyptian had problems with their eyes, they would wear green eyeliner. When we forgive, we heal the relationship.

### Day 9:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Think about the Big 3: treat others right, make smart choices and maximize your potential. How would forgiving someone being making a smart choice?

### Day 10:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Some doctors believe that when we forgive someone that we are angry with, we make our bodies healthier. They think that the stress caused to the body by anger causes illness. If you could make yourself healthier by forgiving someone, who would it be? Try it today. Let go of feelings caused when someone hurt you and see if you physically feel better!

### Day 11:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Bryant McGill said, "There is no love without forgiveness, and there is no forgiveness without love." What do you think he meant by that? Do you think it is easier to forgive someone you love than someone who is just an acquaintance?

### Day 12:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Salamanders have the ability to regenerate, or grow, new body parts. If they are captured by their tails, they simply let the tail fall off and run! They grow a new tail in just a few weeks. The tail is important, since it propels the salamander through the water to catch prey or avoid becoming prey! Scientists are studying salamanders to find ways to help humans who have lost limbs. Just as the salamander can let go of their tails, we can let go of our anger.

### Day 13:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Think of someone that you have wronged or haven't treated as nicely as you could. Go to that person and ask them to forgive you. What a great way to start the spring season!

### Day 14:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. The color green can be associated with harmony and balance. Since it is a combination of yellow and blue, it gives us the clarity of yellow and the tranquility or peacefulness of the color blue. When we forgive, we have harmony and balance in our relationships.

### Day 15:

The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Think about the Big 3: treat others right, make smart decisions and maximize your potential. How would forgiving someone maximize your potential?

### Day 16:

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The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Harriett Beecher Stowe once said, "The bitterest tears shed over graves are for words left unsaid and deeds left undone." She is reminding us that we don't always have as much time as we think to say nice things to people or do something nice for them or to ask forgiveness for something you said or did. If that person is separated from you forever, you'll never have a chance to make things right.

### Day 17:

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The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Hannah Arendt once said, "Forgiveness is the key to action and freedom." If you've ever held a grudge against someone who has mistreated you, you are holding yourself captive. You can find freedom for yourself by letting go of the grudge. The person who is being hurt most is the one holding onto the anger.

### Day 18:

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The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Ask yourself this: what would our families, our school and our world look like if we practiced forgiveness?

### Day 19:

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The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. Bernard Meltzer said: "When you forgive, you in no way change the past - but you sure do change the future." Have you ever repaired a friendship by asking for forgiveness or by forgiving someone else? It can heal friendships and families. Even leaders of countries have to practice forgiveness if we are all to work towards peace.

### Day 20:

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The Big Idea this month is forgiveness. Forgiveness is deciding that someone who has wronged us doesn't have to pay. We've learned a lot about forgiveness, the color green and salamanders this month. How have you practiced forgiveness? How did forgiving make you feel? Your act of forgiveness demonstrated to others how you treat others right, make smart decisions and maximize your potential.



# Big Idea Online



## MARCH: FORGIVENESS

<https://www.youtube.com/watch?v=PFMVvMzQ0cU>

Title: Forgiveness-Character Trades

Length: 1:47

Grade Level: K-5

<https://www.youtube.com/watch?v=PuLo7dsflal>

Title: Forgive and Forget

Length: 1:04

Grade Level: K-2

<https://www.youtube.com/watch?v=GtkOB9mPTSA>

Title: How to Forgive (In the Eyes of Kids)

Length: 0:34

Grade Level: K-2



## Core Essential Values

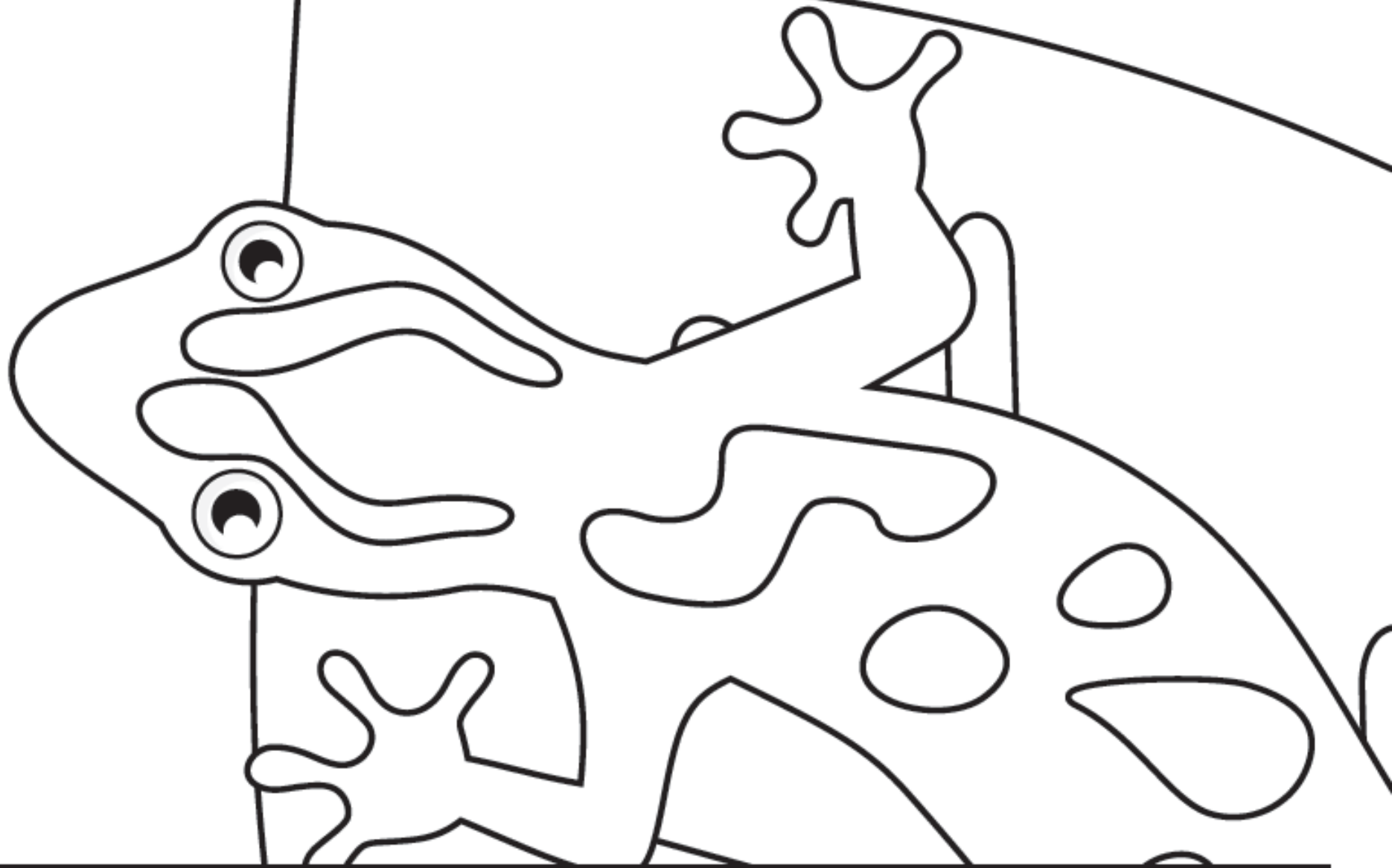
### Starting Over

We've got these X's by our names  
Been holding grudges  
And placing blame  
Keeping a record of wrongs  
And it's getting long  
Seems like the golden rule has gone out the window  
So we can fight about who's right  
And watch our hearts go dark as night  
Or we can choose to replace the anger with grace  
Chorus  
Forgiveness  
There's never a wrong time  
Forgiveness  
Stretching hands across lines  
Forgiveness  
The power is yours and mine  
(2x)  
We're gonna be wronged  
Along the way  
We can let it go  
Or make them pay  
Let's turn our bitterness into sunny days  
Oh we can choose to replace the anger with grace  
Chorus  
The slate is clean again  
We're starting over  
Oh, we're starting over and the slate is clean again  
We're starting over, oh we're starting over  
Chorus (2x)



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