



## BE IT

### STEP ONE: Show The Big Idea Video

[https://www.youtube.com/watch?v=7SkiSBvPsho&list=PLVXqh1woV2T0aSNcA0-VdpGVMLC\\_ajt87&index=33&t=0s](https://www.youtube.com/watch?v=7SkiSBvPsho&list=PLVXqh1woV2T0aSNcA0-VdpGVMLC_ajt87&index=33&t=0s)

### STEP TWO: Talk about the Big Idea

- How do you think Ryan felt when his machine broke?
- What could he have done to his friend? Why do you think he made the choice that he did?

### STEP THREE: Write about the Big Idea

- When do you find it difficult to forgive?

### STEP FOUR: Activate the Big Idea in Your Life

#### SEL COMPETENCIES:

#### IMPULSE CONTROL, STRESS MANAGEMENT

SUPPLIES NEEDED: A large piece of paper; enough pencils with erasers for every family member

YOU SAY: "This month we've been talking about forgiveness. While it's important that we talk about it, it's not always easy to do."

ACTIVITY: Have everyone gather around the paper and tell them they have 1 minute to write as many examples as they can of ways that people could be wronged. Encourage them to summarize it into as few words as possible and leave out details.

Examples of wrongs might be: "got left out", "lied to", "said mean words". Once the minute is up, let each person discuss how it makes them feel when people do wrong things to them. Now, tell everyone you are going to time them for one more minute and in that time they have to erase as much of the writing as they can.

WRAP UP: "So, what was it like to erase everything you'd just written? It was hard work. It seems like it was harder to do the erasing than the writing. Forgiveness can be that way too. It is hard work to accept an apology and not seek revenge or make someone pay. Forgiveness brings peace to both parties."