

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

Supplies Needed: Access to the internet, paper, writing utensils

Instructions:

Play the following SoulPancake video: https://www.youtube.com/watch?v=8o9_TIZyB_Y

Discussion:

- What were you thinking about when you watched the video?
- What were some of the health benefits he listed in relation to forgiveness?

Reflection/Journal Entry:

The happiness scientist said that forgiveness doesn't take two people; just one. What do you think about that? Would a "selfish" act of forgiveness help you?