



Forgiveness Element 1: It Starts with a Breath

Introductory Steps	Take a Breath
<p>Age Level 6 - Adulthood</p> <p>Time 35 minutes</p> <p>Resources</p> <p>2 videos:</p> <p><i>It Starts with a Breath</i> Featuring René Sprattling and Drue Matthies</p> <p><i>Your Breath is My Breath</i> Sung by Renée Smith</p> <p>Objectives</p> <p>Students will:</p> <ol style="list-style-type: none">1. Define forgiveness and understand its benefits.2. Practice connective ways to see relationships and let go of letting go of pain.	<p>Teachers, Parents or Self-Guided Learners will</p> <ol style="list-style-type: none">1. Listen to a video or read a script in which two people realize their basic connection2. Re-read it as a role play.3. Discuss the word forgiveness and practice breathing exercises to make this habit easier.4. Listen to a song to reinforce the theme.

Forgiveness: It Starts with a Breath

Introductory Steps 1-4:

Watch the videos or read the script.

Script

She: Take a deep breath. Hold it. Now breathe out. Feel your breath upon the back of your hand. What do you feel? Is it warm?

You have just felt the gift of life. Everyone breathes in and out, every day, all day.

(**Partner** enters. They look at each other and breathe calmly, facing each other.)

She: When I breathe out, you breathe in.

He: We share the same air (pulling up a mask). We wear masks to prevent illness during a pandemic, because we want to share only clean air.

She: Sharing clean air is like sharing good words. We hold back thoughts which hurt. (She dons her mask.)

He: We forgive old pains and replace them with new words of love. We learn how to say, "I am sorry my words hurt you."

She: I forgive you. (They smile and remove their masks.) I forgive you.

He: Now the air is clear again, just as if a virus had been lifted.

She: See the word. (**she holds up word strip**)

forgiveness

He: Say the word and clap the syllables: For-give-ness. (He holds up word strip. She claps and says it.)

She: Cut it into parts: **for - give - ness**. Circle the middle word “give.” We have to give up our pride and think of the other.

What does it mean? We come together “**for**” a reason—to “**give**.” What do we give?

He: We give up our pride after a fight, a war, or after hurt feelings.

She: We breathe out (sigh) and let go of the bad feelings. We accept that another person feels sorry. Maybe we have hurt them also.

He: We start fresh. We both forgive the other.

She: The act of forgiving is called...

Both: FORGIVENESS. (Sing it as a chord)

Discussion

What did you learn about breathing?

What did you learn about forgiveness?

Action

1. Act out the script with a partner, standing several feet apart.
2. Try an experiment: Clench your fists and face muscles very tight, as if angry. Count to three. Now relax them. Taking a small breath in and a long breath out. Repeat these breaths three times in a row.
3. Spell out the word *forgiveness* and clap the syllables. Cross your hands over your mouth and extend them, as if giving new life to a friendship.

Do you feel calm now? If you learn to slow down and calm your breathing before taking action, you may find it easier to forgive someone who has hurt you.

Synchronize It

End your discussion with the song, *Your Breath is My Breath*.

Watch the video and sing along:

Your breath is my breath.

My breath is your breath.

We share the air right here.

I feel its warmth so near.

My breath is your breath and

Your breath is my breath.

We try to keep it clean.

With cloth and new vaccines.

Your breath is my breath.

My breath is your breath.

So when we don't agree,

Let's stop and count to three.

For I need you to live and

You need me to live,

so let's all take a breath

and forgive.