

<p>Full-Circle Learning Distance Learning Unit Outline</p>	<p>Habit-of-Heart: Forgiveness</p>
<p>(For Teachers, Caregivers or Self-Guided Learners)</p>	<p>Elements included for Elementary through Grade 12</p> <p>Mixed media for adaptability</p>
<p>Life Skills, Introductory Steps</p> <p>Age Levels: 6-Adulthood</p> <p>Time: 5 minutes</p> <p>Resources:</p> <p>Printed introduction Video Readings Paper and pencil</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>Element 1 Take a Breath</p> <p>Teachers, Caregivers or Self-Guided Learners</p> <ol style="list-style-type: none"> 1. Listen to a video or read a script in which two people realize their basic connection 2. 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.

Music**Age Level**

12 - Adulthood

Time

10 minutes

Resources

2 videos (links in unit)

2 audio songs:

“Consider This”

On *Gratitude* CD, Track 4, at

www.fullcirclelearning.org

“When Somebody Wrongs You”

On *True Heroes* CD, Track 3, at www.fullcirclelearning.org

Objectives

Students will:

1. Explore music as a tool for forgiveness
2. Learn the science of sound waves
3. Experiment to make an instrument

Element 2 The Power of Song**Teachers, Parents or Self-Guided Learners**

1. Read stories, song lyrics and view videos about the power of music to promote healing and forgiveness.
2. Discuss the role music has played in the life of the family.
3. Learn a song that helps promote forgiveness when you are feeling uneasy.
4. Learn about sound waves.
5. Find objects to make musical instruments

English as a Second Language

Age Level

6 - Adulthood

Time

45 minutes – 1 hour

Resources

2 Stories:

Breathe

The Healers

Objectives

Students will:

1. Use stories, images and conversation to improve English skills.
2. Practice expressing or “reading” non-verbal concepts such as emotions, desires, goals and values.

Element 3 Forgiveness Around the World

Teachers, Parents or Self-Guided Learners will

1. Use pictures and context clues to read stories in English.
2. They point to words in the story that show the objects or emotions conveyed in the stories.
3. Check the pages that follow each story to see if they identified the word-pictures correctly.
4. Discuss the healing power of forgiveness.
5. Find phrases in the story that express feelings, inner thoughts, or concepts beyond easy description.

Linguistics, Mathematical Reasoning

Age Level

14 - Adulthood

Time

45 minutes

Resources

Video:

Words as Tools
(Script and Interview)

Objectives

Students will:

1. Increase their phonemic awareness
2. Use multilingual greetings
3. Discuss ways to convey abstract concepts in a new language.
4. Apply mathematical reasoning to linguistic development

Element 4 Words as Tools

Teachers, Parents or Self-Guided Learners will

1. Compare greetings in multiple languages and quiz a partner
2. Compare expressions of apology in multiple languages
3. Compare the words for common tools that begin with the same consonant
4. Read and discuss a video script about words as tools for forgiveness. (The written script should reinforce what they hear in the video.)
5. Create a mathematical probabilities table about your desire to learn languages

Conflict Resolution

Age Level

6 - Adulthood

Time

35 minutes

Resources

Reading material

News source

Pledge sheet

Pencils

Objectives

Students will:

1. Understand how to explain and apply the concept of restorative justice.
2. Practice the concept with the help of a pledge sheet.

Element 5

Restorative Justice

Teachers, Parents or Self-Guided Learners will

1. Read or tell a story about Restorative Justice.
2. Discuss the concept with family members or co-learners.
3. Think of a conflict in a book you've read or a news story you've heard about. Role play it, applying Restorative Justice. Who will forgive and who will offer apologies and restorative actions?
4. Copy the Pledge Sheet and think about past, present and future situations in which it could enhance your sense of self-mastery.

Engineering Challenge

Age Level:

10 - Adulthood

Time

35 minutes

Resources

Reading material

Videos

Objectives

Students will:

1. Understand how ventilation works.
2. Demonstrate prototypes of ventilation for practical uses.
3. Relate ventilators to unconditional commitment of healers.

Element 6 Forgiveness in the Air

1. Read the background information about vents. List common uses for ventilation.
2. Devise vents for relevant purposes.
3. Read the story or watch the video about the Afghan students' ventilators.
4. Hold discussions about professions that require an oath of forgiveness.
- 5.
6. Think of Cut slits in recycled materials to create a vent
7. Read or tell a story about Restorative Justice.
8. Discuss the concept with family members or co-learners.
9. Think of a conflict in a book you've read or a news story you've heard about. Role play it, applying Restorative Justice. Who will forgive and who will offer apologies and restorative actions?
10. Copy the Pledge Sheet and think about past, present and future situations in which it could enhance your sense of self-mastery.

Professional Ethics

Age Level

12 - Adulthood

Time

45 minutes

Resources

Reading material

Print out or separate paper, pen

Objectives

Students will:

1. Understand the role of forgiveness in caregiving
2. Practice prioritizing concern for the human family over vengeance and prejudice

Element 7 Taking an Oath

Teachers, Parents or Self-Guided Learners will

1. Practice making difficult choices that call for forgiveness
2. Learn about the oath physicians take
3. Interview health care workers about how they think about their work
4. Write a personal oath to care

Literature, Writing, Storytelling

Age Level

16 - Adulthood

Time

50 minutes for group work

Variable time for writing and presenting

Resources

Reading material

Paper, pencil

Objectives

Students will:

1. Understand the relationship between characterization and plot sequencing in literature
2. See challenges as opportunities
3. Understand forgiveness on both a logical and emotional level

Element 8 A Need to Forgive

1. Read the story, *A Need to Forgive*
2. Write or discuss responses to the questions
3. Write a fictitious story about a time you were able to forgive or to be forgiven.
4. Tell the story to a group or share it online. (Do not reveal personal information about others). Include a character arc in which the events challenge the characters and help them transform over the course of the story.

Craftsmanship

Age Level

All Ages

Time

Variable

Resources

Variable

Objectives

Students will:

1. Understand the importance of using inventiveness for the benefit of humanity, with unconditional caring
2. Apply the criteria for product evaluation

Element 9

What Can You Do?

Teachers, Parents or Self-Guided Learners will

1. Picture the unseen beneficiaries of their talents
2. Imagine inventive gifts for society that help not only friends but those who have caused harm
3. Create and evaluate a prototype for a dream project

Preview or review, as needed

Element 10

Glossary for Forgiveness