

LESSON PLAN <i>Forgiveness</i> (30-45 Minute Lesson)		Date:
<p>NY State ELA Anchor Standard for Writing 3: Write narratives to develop real or imagined experiences or events using effective techniques, well-chosen details, and well-structured event sequences.</p> <p>What Students Should Be Able To Do, Know, Understand, Accomplish At End of Lesson/Goals:</p> <ul style="list-style-type: none"> <li>Define 5 relevant vocabulary words (e.g. grudge, conflict, empathy, gratitude, catharsis)</li> <li>Consider the question: Can I Be the Bigger Person?</li> </ul>		
<p>Teacher Prep:</p> <ul style="list-style-type: none"> <li>Read "<a href="#">5 Strategies for Forgiving Others</a>"</li> <li>Watch Video: <a href="#">Are You The Bigger Person?</a></li> <li>Presentation should include 5 related vocabulary words/key words</li> </ul>		
<p>Materials Needed:</p> <ul style="list-style-type: none"> <li>Access to <a href="#">Are You The Bigger Person?</a> video on Vimeo.com</li> <li>Access to "<a href="#">5 Strategies for Forgiving Others</a>"</li> <li>This Lesson Planning Sheet</li> </ul>		
<p><b>Opening:</b></p> <ul style="list-style-type: none"> <li>Introduce Nyeesha Williams and read her commentary               <ul style="list-style-type: none"> <li><a href="https://www.my-robin.com/our-coaches/nyeesha-d-williams/">https://www.my-robin.com/our-coaches/nyeesha-d-williams/</a></li> <li>"Life isn't an easy road to travel, but it is definitely worth it. I guess for me, it's always when we step inside ourselves that real change happens. Whether it's changing who we are for the better, changing our home, friendship circle, or our community. It begins and is founded solely on our inner superpower." - Coach Nyeesha</li> </ul> </li> <li>Watch <a href="#">Are You The Bigger Person?</a> together as class               <ul style="list-style-type: none"> <li><a href="https://vimeo.com/500220458">https://vimeo.com/500220458</a> (3 minutes)</li> </ul> </li> </ul>		<p><b>Time:</b> 5 min.</p>
<p><b>Reading Prompt:</b> Read the fable aloud to students and then have them read the below article:</p> <ul style="list-style-type: none"> <li>Two monks are walking down the road. They arrive at a muddy stream crossing, and a well-dressed woman declares without introduction, "Don't just stand there. Someone carry me across this mess." Without pause, the older monk lifts her across. She says nothing, not even a thank you. The two monks walk all day. The whole time, the younger one stewes in his mind—How could he pick her up? We're not supposed to touch women, or even talk to them. And she was so rude, someone should say something to her, she didn't deserve our help. Finally, arriving at the inn for dinner, he can't hold himself back. "What were you thinking?" he asks his friend. "She was nasty, and you broke the rules for her, and she didn't even say thank you." The older monk smiles gently and replies. "Wow, I put that woman down hours ago, but you've been carrying her all this time!"</li> <li><a href="#">"5 Strategies for Forgiving Others"</a></li> </ul>		<p>5-10 min.</p>

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<p><b><u>Solo Activity:</u></b></p> <p>Ask students to write a few paragraphs on the following prompts. Assure them that this will not be turned in: it's just for them.</p> <ul style="list-style-type: none"><li>• Whom are you carrying? Think about a time you were wronged. What were the benefits from the situation? What did you learn about others from this experience? What did you learn about yourself?</li><li>• Are you ready to let go of your anger? Why or why not? How do you think letting go of your anger will make you feel?</li></ul>	10-15 min.
<p><b><u>Group Activity: Visualisation</u></b></p> <ul style="list-style-type: none"><li>• Read the following script slowly and calmly to students.</li></ul> <p>"Now we're going to do a brief visualization exercise. Find a comfortable posture sitting upright and close your eyes. Bring your attention to the sensation of your breathing. [pause] Notice whatever is grabbing your attention or whatever you are feeling now, and, without judgement, bring your attention back to the rising and falling of your breath. Picture something that comes to mind that you judge yourself for. Maybe you feel regret, anger, or sadness. Notice how it feels bringing it to mind. Think about the following question: what does that emotion look like to you? [pause]. While continuing to pay attention to your breath, visualize that negative emotion, and imagine yourself holding onto it like it's a helium balloon. [pause] Take a deep breath, and let that balloon go. [pause] Breathe, and watch the balloon drift away. How does that feel? Say the following words to yourself: "I forgive myself."</p> <p>[long pause]</p> <p>Now, picture something that comes to mind that you judge someone else for. [pause] What are those emotions? Notice how it feels bringing <i>this</i> to mind. Think about the following question: what does that emotion look like to you? [pause]. While continuing to pay attention to your breath, visualize that negative emotion, and imagine yourself holding this one like a helium balloon. [pause] Take another deep breath, and let <i>that</i> balloon go. [pause] Breathe, and watch this balloon drift away, too. How does that feel? Say the following words to yourself: "I forgive them."</p> <p>[long pause]</p> <p>Take a few more deep breaths. [long pause] When you're ready, open your eyes."</p>	5-10 min.
<p><b><u>Closing/Exit Ticket:</u></b></p> <ul style="list-style-type: none"><li>• Ask students to share or write down how this activity made them feel. What did they notice about themselves?</li></ul>	5 min.