



## 8. Power of Forgiveness



### Warm-Up

Holistic Learning NEP 2020

If your friend drops his/her snack on your favourite book and it gets dirty, what would you do?

a. say it's okay

b. get angry



### Hema and Sara's Story

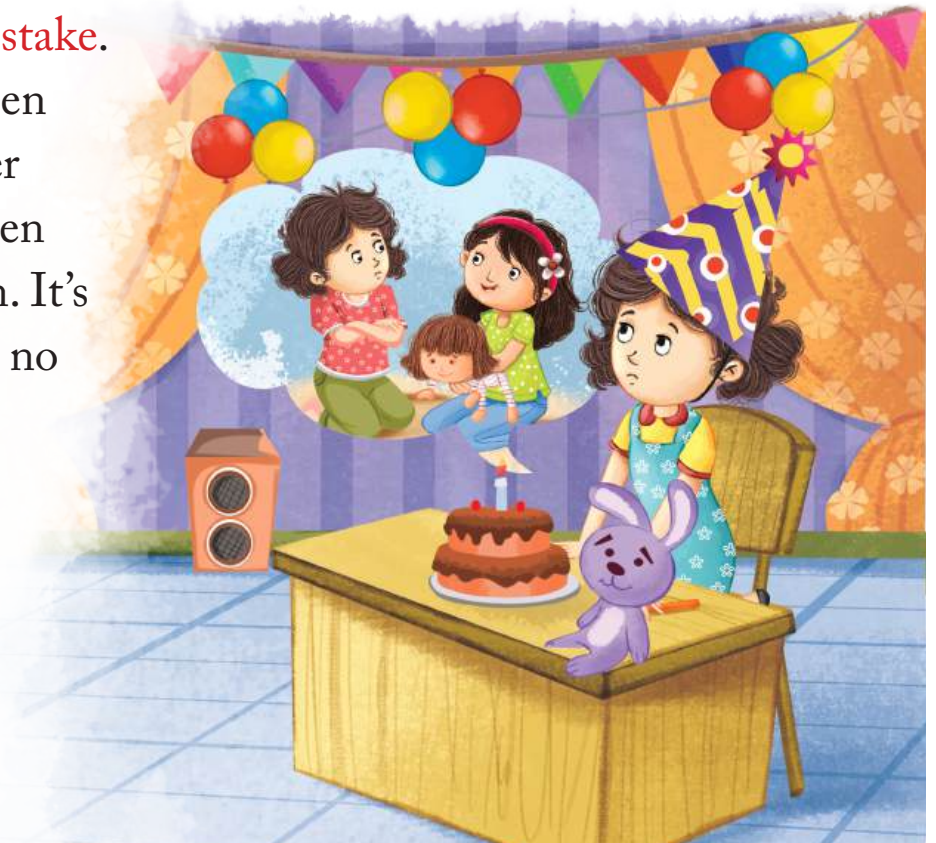


Hema was very happy because her **birthday** was coming. She was waiting for her best friend, Sara, to come to her party. But Sara **forgot** and went to another friend's house instead. This made Hema feel very sad.

Sara felt sorry when she remembered about the party. She said sorry to Hema and told her it was a **mistake**.

Hema was still a bit sad but then she remembered something her grandmother used to say. "When we forgive, we feel happy again. It's not about forgetting, it's about no longer being sad."

Hema thought about this and decided to forgive Sara. They talked and Sara spent a whole



day with Hema, doing fun things that Hema loved. Hema understood that being angry would only make them both sad. By forgiving Sara, Hema felt happy again. She learned that everyone makes mistakes and saying sorry and **forgiving** are important to be happy and keep friends.



## Word Meaning

**birthday:** special day you were born

**mistake:** something done wrong

**forgot:** didn't remember

**forgiving:** letting go of upset feelings



## Moral of the Story

- Forgiveness is a way to feel happy and not sad.
- Saying sorry and forgiving are important in friendships.



## Playful Tasks

Conceptual Understanding **NEP 2020**

### A. Tick (✓) the correct option.

1. What was Hema waiting for?

a. christmas

b. her birthday

c. holiday

2. Who forgot about the birthday party?

a. Hema

b. grandmother

c. Sara

3. What helps us feel happy again?

a. anger

b. gifts

c. forgiveness



## B. Fill in the blanks.

sad      Forgiveness      sorry

1. Hema felt very ..... when Sara forgot her birthday.
2. Sara said ..... to Hema for forgetting her birthday.
3. .... is a gift you give yourself.

## C. Answer the following questions.

1. Who teaches Hema about forgiveness?  
.....

2. How did Hema feel when Sara forgot her birthday?  
.....



## Everyday Learning

Experiential Learning NEP 2020

You see a classmate struggling in carrying his/her books.

What will you do?

1. stop talking to them
2. forgive and help them understand its value
3. help him/her in carrying his/her books.



## Reflective Thinking

Self-awareness NEP 2020

Have you ever made a mistake? What did you do to make things right?

.....

.....



## Memory Game

Critical Thinking NEP 2020

Remember a time you said sorry. Who was it to?

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## Social Engagement

Life Skills Integration NEP 2020

What would you do if you forgot about your best friend's birthday? Remember, saying sorry and forgiving each other can make your friendship stronger. Share your thoughts.



## Teacher's Note

Encourage children to talk about feelings of forgiveness and the importance of saying sorry. Share your own stories of forgiveness.

