

**THE FIRST TO APOLOGIZE  
IS THE BRAVEST.  
THE FIRST TO FORGIVE  
IS THE STRONGEST.  
AND THE FIRST TO FORGET  
IS THE HAPPIEST...**

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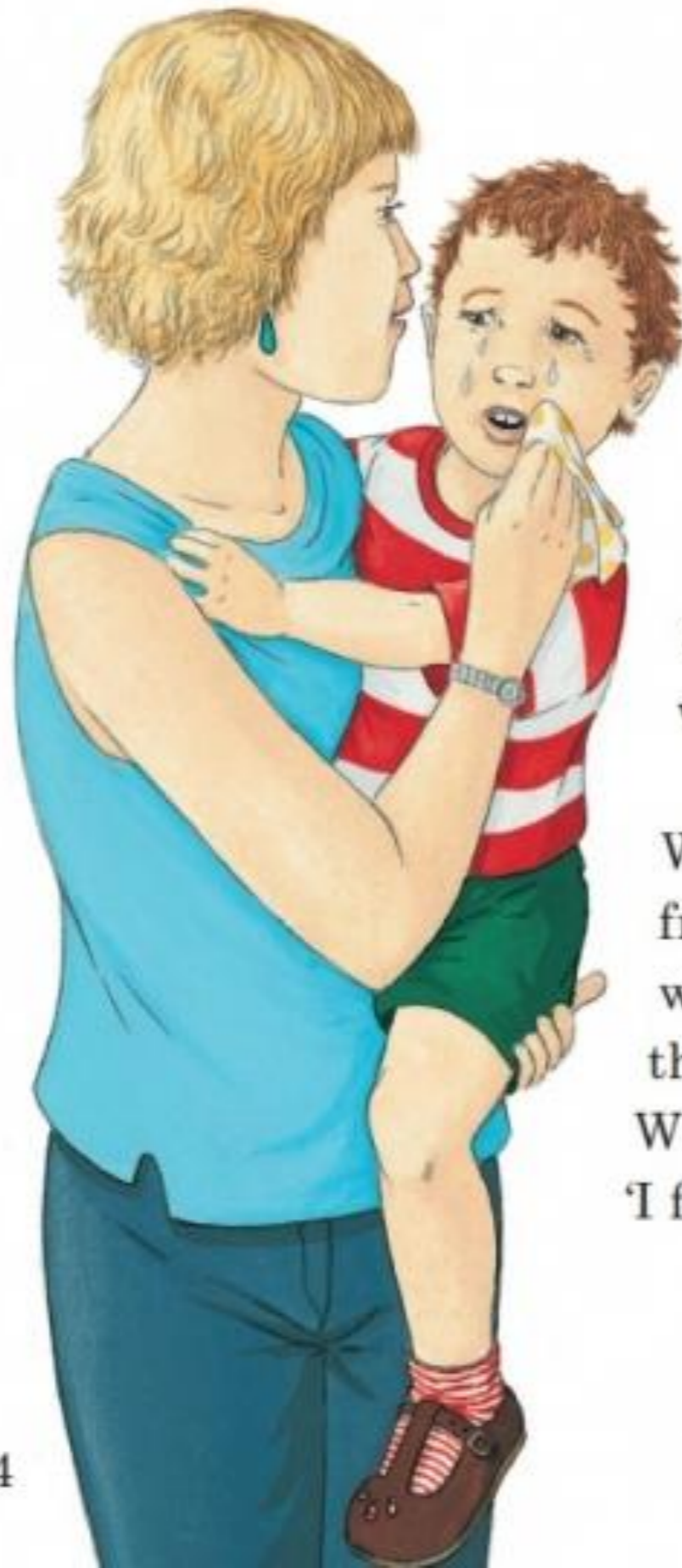
*What does  
this mean?*

LO: to discuss forgiving.

I recognise that if I have done something to make others unhappy.

I can say sorry and mean it.

I understand what forgiveness means.



At times when we need  
to say sorry and change,  
God says 'Come and See'.

Jesus came to tell us  
and show us that God  
will always love us.

When we fall out with our  
friends and family or when  
we are unkind and hurt  
them, we need to say 'sorry'.  
We want them to say  
'I forgive you.'

It is good at the end of the day to stop and think about what has happened during the day.







The end of the day is a good time to think about what has happened during the day, to thank God and to say sorry to God for times when we have not been loving.



- What are the children thinking about?
- Who is thinking about a happy time and who is thinking of a wrong choice?
- Who should the children say sorry to?
- Why is bedtime a good time to think about what has happened during the day?
- What do you think that we should say to God about the happy times we have had?
- What should we say about the unhappy times?
- Can you think of a prayer the children might say? Ask about bedtime prayers? Can anyone say one?





God Our Father.

Thank you for your love today.

Thank you for my family and all the friends you give to me.

Guide me in the dark of night and in the morning send your  
light