

HOME CONNECTS



Social-Emotional Learning Objectives:

- Becoming aware of what holding on to grudges does to stress the body.
- Visualizing the “weight” of not forgiving others.
- Making symbolic gestures to release the past.

Let’s Chat Conversation Questions:

- What does the word *grudge* mean?
- What are the benefits of forgiving someone and not holding a grudge?
- How do you feel inside when you forgive someone?

Respectful Ways Q&A:

- Q:** What can holding on to a grudge do to one’s body?
- A:** Not forgiving can block memory, heighten blood pressure, disrupt sleep, cause weight gain, lower immune function, and more.
- Q:** What are some misconceptions about forgiveness?
- A:** Forgiving means forgetting, forgiving means giving up a claim to justice, and forgiveness doesn’t mean we have to understand why people hurt us.

Home Connects Activity Ideas:

- With your family, establish routines to reconcile wrongs and forgive. What kinds of words, actions, and practices promote forgiveness? And remember to follow the routines yourself!
- Remember, there are physical symptoms to not forgiving. Next time your child struggles with sleep, immune function, or memory, you might ask if they’re holding onto a grudge.
- Getting better at forgiveness means also getting better at asking for it on the other side: apologizing. With your family, create a good apology that includes admitting what you’ve done and changing.



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