

Wellbeing Tip of the Week

Forgiveness



This week's wellbeing tip, on the importance of showing forgiveness, is written by Halldora (Year 6) from Emmanuel C of E Primary School.

It is important to forgive people who have wronged us because holding a grudge can easily affect your mental health. Another reason why it is important to forgive is that the person you are holding a grudge on will find it hard to think positive, when someone is thinking negatively about them.

For example, if you find out that your friend had lied to you and you were really upset by this, what would you do? Instead of trying to get back at them by doing something similar, you could speak to your friend and explain how it upset you and ask them to not do this again. By showing forgiveness, you can skip out having any arguments, and if you forgive and forget, the chances of this happening again are very small.

BUT: it can sometimes be hard to put all of this behind you - to help you, you can take a couple of deep breaths and think of times when somebody has forgiven you for something you have done.