

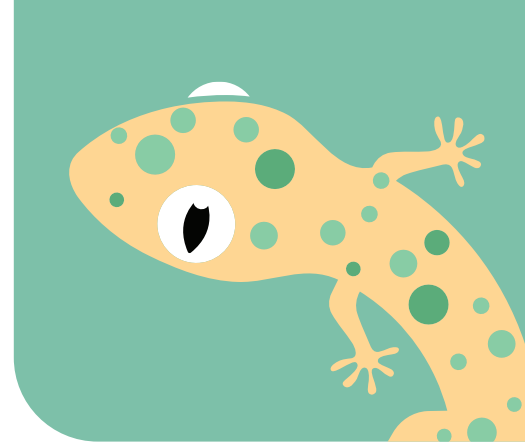


It's so tempting to want revenge, or payback, or justice, when someone has done you wrong. In those moments of anger, it's hard to remember what it's like to be on the other side. But deciding that someone who has wronged you doesn't have to pay doesn't mean that there are no consequences for our actions. It's a choice you make for yourself – having the courage to let go and forgive is powerful, and it frees you – the forgiver – from the anger and resentment.

## **F O R G I V E N E S S :**

*Deciding that someone who has wronged you  
doesn't have to pay*

## Forgiveness MARCH 2023



### SAY IT:

Forgiveness means deciding that someone who has wronged you doesn't have to pay.

### KNOW IT:

#### ASK A GROWN UP:

- Can you think of a time you chose to forgive somebody when it was really difficult?
- Can you think of a time when someone forgave you? How did their forgiveness make you feel?

#### ASK A KID:

- Has anyone ever done something mean to you, but you chose to forgive them?
- Describe a time when you did something wrong, but someone else forgave you.

### SEE IT:

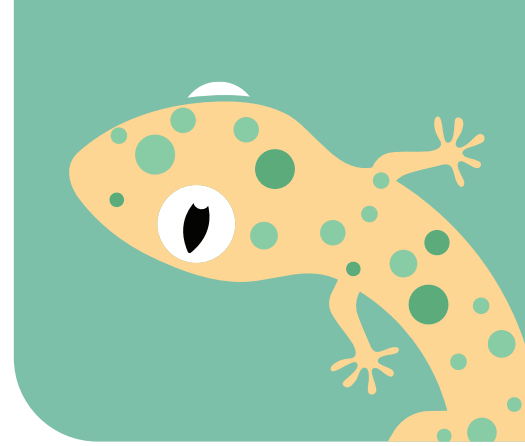
The short film "Snack Attack" shows us a great example of forgiveness. Watch this as a family and pause it a few times during the video to talk about how tough it would be to forgive someone who was stealing your cookies. Discuss how anger and bitterness can sometimes creep in and ruin your day. After you finish the video, talk about how forgiveness and tolerance can help us enjoy life and help us get along with others better. Not only does forgiveness help the people we have forgiven, it helps us get rid of our own negative feelings. <https://www.youtube.com/watch?v=6YSxJnqCr8I>

### BE IT:

Have each person list the ways others have hurt them. The list should include things that have gone unforgiven and are still festering in the mind of the writer. Perhaps someone has said mean things or there are disagreements that have gone unresolved. After everyone has their list, go outside to a safe place and start a small fire. Place each of the lists on the fire and as you watch the lists go up in flames, allow your anger and bitterness towards these people vanish, as well.

# PHASE

Forgiveness  
MARCH 2023



## It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

**So don't miss it.** It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.

# march 2023

FORGIVENESS // GECKO // MINT

**Maybe a gecko doesn't actually forgive** whatever animal causes it to lose its tail, but the survival tactic works, and the tail regrows. When threatened, most geckos can shake their tail and break it off, distracting a predator to make their escape.

These amazing lizards are found in warm climates on every continent except Antarctica, and the leopard gecko is a popular pet. There are more than 1500 species of geckos. The smallest, the ashy gecko, is just three inches long.

Madagascar day geckos are the largest, at nearly 10 inches long. They live in trees. They've been in South Florida since the 1990s, when they were brought to the Keys to decorate gardens. Many types of day geckos are show-stoppers because of their vibrant colors, such as the neon day gecko.

In addition to detachable tails, wild colors, and advanced camouflage abilities, geckos have other amazing adaptations. When climbing, they cling to just about anything. They can walk upside down on ceilings because of microscopic structures in their toe pads which work like VELCRO® against surfaces.

Another Madagascar gecko first described in 2017 has a shocking way to escape its enemies. One of the "fish scale geckos," this creature can literally jump out of its skin. If attacked, its predator will end up with a mouthful of very large scales. And though the gecko will look a bit naked for a few weeks, its scales will regenerate (grow back).

The name 'gecko' might come from the sounds these animals make. While other lizards only hiss, geckos can squeak, click, bark and croak, sometimes very loudly!

**FORGIVENESS:** *Deciding that someone who has wronged you doesn't have to pay*



**After a bad experience, a gecko bounces back like new.**

# march 2023

FORGIVENESS // GECKO // MINT

Mint green is the color of cool refreshment. Named for the plant that supplies minty flavor to teas and toothpaste and gum, mint makes your mouth all tingly and clean. As a décor color, it offers calm and quiet with a connection to nature and a feeling of lightness, as well as balance. Like other light green colors, mint suggests tranquility. Mint was first used as a color name just over a hundred years ago, in the Art Deco era. Popular design elements combined mint with black, especially seen in 1920s bathrooms and kitchens.

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