

CLIL Lesson: Civics – Forgiveness

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Timing: around 100 min divided into 2 lessons

Age of students: 11, grade 4 (but it can go broader)

Context and Prior Knowledge: Not necessary

Lesson Steps

<p>Step 1. Introduction</p> <p>5min</p>	<p>Needed – a box, pens and sheets of paper</p> <p>Ss are told that they are expected to be calm, relaxed and open minded during the next lesson and in order to do that, they are given 2 minutes to think about and write key words about situations when someone hurt their feelings. It could be something that others did to them or said to them. The task is to write those things down and distance themselves from them. Just write key works. After 2 min they are asked to count how many situations they wrote in 2 min. Ss are told to just fold the paper, name it and put it into a box with the mention that no one will read their notes (the teachers saves them for the second lesson).</p>
<p>Step 2. Understanding the meaning of proverbs about forgiveness</p> <p>20 min</p>	<p>Ss are divided into 5 groups – each group is given one proverb (see Teaching item 1) . They have 5 min to discuss it and then each group presents the proverb’s meaning.</p> <ul style="list-style-type: none"> ➤ <i>"As long as you don't forgive, who and whatever it is will occupy a rent-free space in your mind." - Isabelle Holland -source 1</i> ➤ <i>"Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." – Buddha -2</i> ➤ <i>Any man can seek revenge; it takes a king or a prince to grant a pardon(to forgive). - Arthur J. Rehra -3</i> ➤ <i>"Always forgive your enemies - nothing annoys them so much." -Oscar Wilde -4</i> ➤ <i>You cannot shake hands with a clenched fist.- Indira Gandhi -5</i> <p>* other options for proverbs are provided after sources</p> <p>The other students also share their opinion regarding the meaning of the other proverbs.</p>
<p>Step 3. Definitions of forgiveness</p> <p>20 min</p>	<p>Teacher mixes Ss into 5 new groups, who are asked to formulate definitions for Forgiveness -5 min</p> <p>Ss present their definitions. T notes down/highlights key works.</p> <p>T presents, on the whiteboard or printed in large format, other definitions and discuss/explains them to the students (You may use Teaching item 2):</p> <ol style="list-style-type: none"> 1. Forgiveness is the act of consciously deciding to let go of resentment or vengeance toward another entity who has harmed you in some way (whether or not they’re actually deserving of that forgiveness. -6 <p>This definition comes from an article on www.huffingtonpost.com from 25th October 2014</p> <ol style="list-style-type: none"> 2. Stop feeling angry, resentful towards or wishing to punish (someone) for an offence, flaw, or mistake.-7 <p>This definition comes from en.oxforddictionaries.com</p> <ol style="list-style-type: none"> 3. Forgiveness is the intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding an offense, lets go of negative emotions such as vengefulness, with an increased ability to wish the offender well.-8 <p>This definition comes from a compilation of research results on forgiveness made by the American Psychological Association in 2006 (Forgiveness - A Sampling of Research Results)</p>

	<p>Forgiveness is different from condoning (not seeing the action as wrong and in need of forgiveness), excusing (not considering the offender guilty for the action), forgetting, and reconciliation (being friends again/ returning to the initial relationship). -8 Ss' comprehension of the terms should be checked by the T.</p>
<p>Step 4. Homework 5min</p>	<p>Ss are asked to work individually and come up with possible benefits of forgiveness. They may start in the classroom if there is time, if not, they will solve it at home.</p>
<p>Step 5. – the second part Benefits of forgiveness 15 min</p>	<p>Ss. Are asked to share their ideas on the benefits of forgiveness. The teacher tells the students that they are going to be presented with some information about the benefits of forgiveness after which they will be given a worksheet to fill in based on what they just learnt. The teacher presents the following ideas (I printed them using large font size and stick them on the whiteboard facing it, so that I could flip them over later-when discussing them - Teaching item 3 -Benefits):</p> <ul style="list-style-type: none"> • Forgiving unconditionally could mean a longer lifespan –people who tend to forgive, regardless of receiving an apology, tend to live longer. • Forgiveness helps your physical health. When you don't forgive, you are in a state of anger which puts you in a flight-or-flight mode*. This mode can increase your blood pressure and heart rate. When people hold on to a grudge, they have higher facial muscle tension and sweat more compared with when they forgive. • Forgiveness also help with performing better on challenging physical tasks (after forgiving, hills seem to be less steep when climbing them and people tend to jump higher in an fitness test). • Forgiveness helps your mental/psychological health. Holding on to a grudge an lead to sadness, feelings of not being in control and stress, whereas forgiveness tends to reduce feelings of tension, anger, depression and fatigue and increases mood and the sense of personal power. • Forgiveness helps you sleep better and have a stronger immune system, thus being less likely to get sick. D.C.Dulcan, a Romanian neurologist says that after 5 minutes of anger, some guardian cells of our immune system will be blocked for up to 5-6 hours, thus making us vulnerable to diseases. • Forgiving others makes it easier for you to forgive yourself. People who asked for forgiveness for a wrongdoing were found to be more likely to feel like it was OK to forgive themselves. • Forgiving helps with rebuilding the closeness within a relationship. It creates a way to make peace between the offended and the offender. • Forgiveness promotes hope for solving real-world intergroup conflicts. • You set a good example for others, you gain self respect and...you are happier. -8,-9, -10, -11 <p>The Benefits are flipped over again or gathered. Students are given the Teaching item 4. They work in pairs to solve it. The teacher puts different students to give the correct answers.</p> <p>*the physical preparedness state our body enters to, when there is a danger that we need to “fight” or run (“flight”).</p>
<p>Step 6. How to forgive 17 min</p>	<p>Fortunately, forgiveness can be learnt — and can be practiced through developing empathy, looking for the silver linings and properly expressing your feelings. In order to help us, let's watch a video about forgiveness. https://www.youtube.com/watch?v=d-K5btaxEFY (up untill 3:13) Teacher asks students what are the key points presented in the video. Then the teacher presents PPT –slides 2,3,4</p>

	<ol style="list-style-type: none"> 1. First, keep in mind that forgiveness is something you do for yourself. You should have in mind that forgiveness will make you feel better. 2. To help with our body's flight or fight response (when you are angry) you should breathe deeply and slowly, drink some water, have a short walk. 3. In order to forgive, it is helpful to put yourself into the other person's shoes, to try to understand why he/she behaved like that, to recall if the hurtful behaviour is frequent or not characteristic to him/her. 4. You should also get to know exactly how you feel about what happened and be able to say what about the situation is not OK. Discuss with someone you trust about your experience. 5. Nevertheless, you shouldn't mentally replay over and over the hurtful words or acts of the other. Realize that the distress is coming from the hurt feelings, thoughts and focus on what is helpful for you on long term, set positive goals for yourself and seek out new ways to get what you want. 6. Instead of focusing on your hurt feelings, and thereby giving the person who caused you pain power over you, learn to look for the love, beauty and kindness around you. Forgiveness is about personal power. Don't choose to play the role of a victim and let go the control and power the offending person and situation have had in your life. Choose to forgive the person who's offended you. 7. Think about what you lesson is there to be learnt from what happened. Is there something positive that came out of all that happened? 8. Keep in mind that forgiveness does not necessarily mean reconciliation with the person that hurt you.-12,13
<p>Step 7. Forgiveness in different religions 16 min</p>	<p>Many religions also encourage forgiveness or a similar attitude. Students are given the names and symbols of the religions, as well as descriptive texts (Teaching item 5). They will have to work in pairs to guess the religion, each text given to them, refers to. The teacher then presents the slides 5-9 from PPT. -14,-15-16,-17 (including the pictures). Students correct their answers. (If the lesson should take less time- the T can only display the PPT (without teaching item 5) because the texts on slides appear first and after the students make their guesses, the symbol and name can also be displayed).</p>
<p>Step 8. Homework 2min</p>	<p>The teacher brings the box with Ss' notes (written at the beginning of the lesson). Each Ss is asked to take their own note, read it and raise their hand if they are willing to forgive a deed or a person from it. Ss are asked to take the notes with them and reflect on whether they can grant forgiveness for some other things they wrote there.</p>

1. <https://dzeelclinical.com/blog/quote-of-the-week-7>
2. <https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201102/30-quotes-forgiveness>
3. www.quotes.stevenredhead.com/poignant/Forgiveness.html
4. <https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201102/30-quotes-forgiveness>
5. https://www.brainyquote.com/quotes/indira_gandhi_100042
6. https://www.huffingtonpost.com/2014/10/25/forgiveness-health-benefits_n_6029736.html
7. <https://en.oxforddictionaries.com/definition/forgive>
8. <https://web.archive.org/web/20110626153005/http://www.apa.org/international/resources/forgiveness.pdf>
9. https://www.huffingtonpost.com/2014/10/25/forgiveness-health-benefits_n_6029736.html
10. <https://www.verywellmind.com/the-benefits-of-forgiveness-3144954>
11. <http://journals.sagepub.com/doi/abs/10.1177/1948550614564222>
12. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>
13. <https://learningtoforgive.com/9-steps/>
14. <https://nexusnovel.wordpress.com/2007/01/03/forgiveness-in-different-religions/>
15. https://en.wikipedia.org/wiki/Forgiveness#cite_note-apa-1

16 <http://www.newworldencyclopedia.org/entry/Forgiveness>

17 <https://www.ancient-symbols.com/hindu-symbols.html>

"The weak can never forgive. Forgiveness is the attribute of the strong." - Mahatma Gandhi

"It is easier to forgive an enemy than to forgive a friend." - William Blake

"Forgiveness is the key to action and freedom." - Hannah Arendt