


Forgiveness

Sometimes when someone has done something to upset us or we have done something to upset someone else, we might feel quite angry/mad. This craft activity reminds us to give ourselves time to cool down after something has happened. When we forgive someone or ask for forgiveness we want to do it in a positive way.

Draw around your hands and cut them out. Stick them down onto a piece of paper – you could also make the thumb and first fingers make the shape of a heart. Add some decoration and then underneath write:

_____’s Forgiving Fingers. One, two, three, four, five, I’m wait until my anger dies. Six, seven, eight, nine, ten, if I’m still mad I’ll count again.





Jesus
teaches
me to
forgive.

Be kind,
and forgive one
another.

Forgiving Makes Us Happy

