

THE KI REPORT

A newsletter on Kindness and Inclusion for Root Elementary parents and families.

Character Word of the Month: Forgiveness

Choosing to let go of negative feelings towards yourself or others.

Lessons from Lavender

We are born with many emotions; joy, anger, fear, disgust, surprise and sadness. There are actions tied to these emotions that must be learned, and forgiveness is one of these. It can be extremely hard to forgive yourself or someone else. This month, I will be talking with students about forgiveness. You can talk with your children at home to help with understanding as well. Start by defining it: It's the choice to let go of anger, resentment, and revenge towards yourself or others. Talk with your child about what each of those words mean and how they can affect life and the people around you. If you choose forgiveness, it truly can change your life. Read books about it, share situations in your life where you had to choose forgiveness, explain that it's sometimes hard to forgive. You might encourage your child to write about a time when they needed to forgive and how they did it. The most helpful learning experience for forgiveness is to teach someone how to forgive and how it can benefit them.

Helpful hints: Remember that forgiveness doesn't mean someone is being held accountable. The situation may not be fair, and you may never receive justice, but you have to choose to let go in spite of those things. Forgiveness isn't easy, it will take practice. It feels good and heals the heart when you forgive.

"No act of kindness, no matter how small, is wasted." -Aesop

You can follow what I'm teaching on Root's website under the counseling tab. If you need assistance of any kind please contact me at 479-445-1021 or at jennifer.lavender@fayar.net

Forgiveness is a Process

Many would agree that forgiveness is a process. For some, forgiveness is quick and easy; others, it's slow and steady; and for the rest, it may feel like a stagnate, never-ending treading through the same frustration and sadness. Choose Love

Program Founder, Scarlett Lewis, likens the feeling to a cord connecting ourselves to the person who caused us pain. Until we choose to cut the cord, we drag that person, and all of our negative thoughts we have toward them, everywhere we go. Cutting the cord could take multiple attempts, but by doing so, we liberate ourselves to love again. So, where do we start? Paying closer attention to our thoughts may be the answer.



Did you know that according to the National Science Foundation (2005) we have 12,000-60,000 thoughts per day and 80% of those thoughts are negative while 95% are the same thoughts we had the day before? Catching ourselves in these negative thought loops and rewriting the narrative can be the first step to healing, and ultimately forgiving. Try replacing one negative thought per day with a positive one. Studies also show that deep breathing and use of positive affirmations when angry can reduce stress and help activate areas of the brain responsible for problem solving and logic. The Choose Love Program, which offers free, downloadable SEL lessons to teachers and parents, highlights ways to do this while also facilitating the act of forgiving through use of strategies such as Forgiveness Breaths and Forgiveness Affirmations. If you would like to learn more about the Choose Love Program, check out their website at jesselewischooselove.org.