

Spring Term – Forgiveness

ARK Language

We all have choices.

We can make powerful choices.

We are responsible for our choices.

There are consequences for our choices (good or bad depending on our choice)

You are responsible for you.

You are allowed to say 'no' if you don't like someone saying/doing something to you.

Are you respecting other people's boundaries/rules?

Do you need to have a brave conversation about your boundaries with someone? Can I help you?

Are you communicating well? Do you need to choose your words/tone more carefully? Do you need to have a brave conversation with someone? Is there a missing conversation that you need to have?

We all make mistakes.

We need to take responsibility for our mistakes.

What are you responsible for in this mess/situation?

We need to clean up our mess when we make a mistake – how are you going to clean up your mess?

Are you using the tools we have been giving you? (forgiving, saying sorry, cleaning up your mess, controlling your emotions)

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Are you being honest? If you are not, it makes a bigger mess to clean up and there are bigger consequences.

