

Forgiving Fingers

Forgiving people, or yourself, can be hard. Take a moment to think about why it can help to forgive and how you can do it.

- Think about why it can be important to forgive someone and write it on the palm of the hand.
- On each finger or thumb, write a way we can forgive someone. You can use the words that are dotted around to help you, or think of your own.
- Colour and decorate your forgiving fingers.
- Cut out your hand shape and use it as a reminder when you need to forgive yourself or someone else.

