**Respecting Others (Grade 12)**

Learning Target: I can describe 3 different circumstances that have lead to apologizing and forgiving.

**Activity III**: The Power of Forgiveness

* Respond to each of the following questions, by either working independently or in small groups.
* Discuss your responses
* Share your experiences.

1. What is “regret”?
2. What is “remorse”?
3. Describe an incident where you have experienced “regret” or “remorse”. (Share your experience with others in your advisory)
4. What is the purpose of an apology?
5. How do you make a sincere apology?
6. Do you have to feel regret or remorse in order to make a sincere apology? Explain.
7. Why is it important to make amends?
8. Describe an incident where you have made amends for your mistakes. (Share your experience with others in your advisory)
9. Is it difficult to apologize? Why?
10. What happens when someone apologizes too often?
11. What’s the purpose of forgiveness?
12. What might you say when accepting an apology?
13. Describe an incident where it was difficult for you to forgive. (Share your experience with others in your advisory)
14. What should you do/say if you’re not ready to forgive someone?
15. What does it mean to “forgive and forget”?
16. Do you agree with the concept of “forgetting” the offense?
17. Describe an incident where you decided not to dwell on someone else’s actions but have not forgotten those actions? (Share your experience with others in your advisory)
18. Describe how the power of forgiveness has impacted you? (when either you were the person being offended or the offender) (Share your experience with others in your advisory)