



California Social Emotional
Learning Modules

Professional Learning Toolkit

7.10 FORGIVENESS
for Educators
8.10 FORGIVENESS
for Students



Topic and Module Overview

Caring for Ourselves: The Science of Emotional Resilience	MOD 1.1	Understanding Your Emotions
	MOD 1.2	Navigating Your Emotions
	MOD 1.3	How to Be Kind to Yourself
	MOD 1.4	How to Be Compassionate Without Suffering So Much
	MOD 1.5	Self-Awareness, Emotional Resilience, and Equity
Safety & Belonging in Classrooms and Schools	MOD 2.1	Why Belonging Matters
	MOD 2.2	Knowing Ourselves First: Surfacing Our Beliefs About Social and Emotional Well-Being and Belonging in Schools
	MOD 2.3	The Questions of Belonging: Interventions to Help Students Feel Like They Belong
	MOD 2.4	Meeting Students' Psychological Needs to Help Them Feel Like They Belong
	MOD 2.5	Cultivating Belonging Through Teacher-Student and Peer Relationships
	MOD 2.6	Building a Belonging School Through Trust and Psychological Safety
Teaching for Social, Emotional, and Academic Development	MOD 3.1	Preparing to Support SEL in Classrooms
	MOD 3.2	Explicit SEL Instruction
	MOD 3.3	Planning for Social-Emotional-Academic Development
	MOD 3.4	Integrating SEL into Learning
Committing to Racial Equity and Cultural Responsiveness	MOD 4.1	Unpacking Our Identities: Addressing Identity, Power, and Privilege
	MOD 4.2	Engaging in Meaningful Conversations about Race and Equity
	MOD 4.3	SEL Instruction Through a Culturally Responsive Lens
	MOD 4.4	Elevating Student Voices
	MOD 4.5	Evaluating Our Systems, Policies, and Procedures
Addressing Trauma and Adversity: Supporting Student Mental Health	MOD 5.1	Defining and Understanding Trauma and Adversity
	MOD 5.2	Recognizing the Signs of Childhood Trauma and Adversity
	MOD 5.3	Creating Healing-Centered Environments
	MOD 5.4	Developmental and Other Strategies for Healing
	MOD 5.5	Mental Health Crisis Intervention: Steps and Strategies
Supporting SEL through Family and Community Engagement	MOD 6.1	Exploring Family and Community Engagement with an SEL Lens
	MOD 6.2	Building Partnerships with and Honoring the Contributions of Diverse Families
	MOD 6.3	Listening and Communicating Effectively with Families
	MOD 6.4	Expanded Learning and SEL: Collaborating Across In-School and OST Contexts
	MOD 6.5	Aligning around SEL Through Community Partnerships

Topic and Module Overview


Mindfulness and Well-Being for Educators	MOD 7.1	Purpose for Educators
	MOD 7.2	Self-Compassion for Educators
	MOD 7.3	Kindness and Compassion for Educators
	MOD 7.4	Gratitude for Educators
	MOD 7.5	Awe for Educators
	MOD 7.6	Courage for Educators
	MOD 7.7	Empathy for Educators
	MOD 7.8	Mindfulness for Educators
	MOD 7.9	Humility for Educators
	MOD 7.10	Forgiveness for Educators
	MOD 7.11	Hope for Educators
Mindfulness and Well-Being for Students	MOD 8.1	Purpose for Students
	MOD 8.2	Self-Compassion for Students
	MOD 8.3	Kindness and Compassion for Students
	MOD 8.4	Gratitude for Students
	MOD 8.5	Awe for Students
	MOD 8.6	Courage for Students
	MOD 8.7	Empathy for Students
	MOD 8.8	Mindfulness for Students
	MOD 8.9	Humility for Students
	MOD 8.10	Forgiveness for Students
	MOD 8.11	Hope for Students



Learning Objectives

TOPICS 7.10 and 8.10:

FORGIVENESS for Educators and Students

Module	7.10 Forgiveness for Educators	8.10 Forgiveness for Students
Learning Objectives	<ul style="list-style-type: none"> Understand what forgiveness is and is not Explore the importance of self-forgiveness Recognize the benefits of forgiveness for well-being and teaching Explore ways to overcome barriers to forgiveness and ways to more easily and authentically express and feel forgiveness towards oneself and others 	<ul style="list-style-type: none"> Understand what forgiveness is and is not and how this ability develops in young people Recognize the benefits of forgiveness for student well-being and school success Explore the importance of self-forgiveness for students Explore ways to introduce and encourage forgiveness with students
California Standards for Teaching Profession (CSTPs) 2024 CSTPs (full pdf) 	<p>CSTP 1: Engaging and Supporting All Students in Learning 1A: Focus on Students (1A-5); 1B: Knowledge of Students (1B-5); 1C: Student Backgrounds and Family Engagement (1C-3); 1D: Diversity and Equity (1D-1)</p> <p>CSTP 2: Creating and Maintaining Effective Environments for Student Learning 2A: Learning Environment (2A-1); 2B: Student Behavior (2B-4); 2D: Inclusive Environment (2D-4)</p> <p>CSTP 3: Understanding and Organizing Subject Matter for Students 3B: Connecting Subject Matter to Real-World Contexts (3B-4); 3D Content and Skills across Subjects (3D-4)</p> <p>CSTP 4: Planning Instruction and Designing Learning Experiences for All Students 4C: Facilitating Instruction for Student Learning (4C-3)</p> <p>CSTP 6: Developing as a Professional Educator 6A: Reflection on Practice (6A-2); 6B: Focused Professional Learning (6B-5); 6C: Collaboration with Colleague (6C-3); 6E: Ethical Conduct and Professional (6E-2); 6F: Activating Access and Equity (6F-1); 6G: Personal Growth and Well-Being (6G-1)</p>	
CA TSEL Guidelines Sourced from CDE (July 2023)	Link Objectives to Developmental Indicators in California Transformative SEL Competencies . The California Department of Education (CDE) aims to support and advance the efforts of educators across California who are working to fully integrate systemic SEL and equity by building on the promise of T-SEL as a concept.	

Additional Resources

TOPICS 7.10 and 8.10: **FORGIVENESS** for Educators and Students

Articles (Adult-Oriented)

[Can Mindfulness Make You Better at Apologizing?](#) After a short mindfulness practice, people are more willing to admit to transgressions to help repair their relationships, a new study finds.

[Does Forgiveness Make Men Feel Weak?](#) A new study suggests that men and women might experience forgiveness differently.

[Facing Fear, Facing Forgiveness](#) Three decades ago, Tim Zaal nearly killed Matthew Boger for being gay. We talk with them and the director of Facing Fear, which tells their story of forgiveness and reconciliation.

[Forgive Yourself, Save Your Relationship](#) Recent research suggests that forgiving yourself for your own mistakes might be good for your partner, too.

[How to Build a More Forgiving Community](#) As groups, organizations, and nations, we can find love and healing after being wronged.

[How to Overcome Barriers to Forgiveness](#) It's hard to let go of the suffering caused by someone else's wrongdoing. What barriers stand in the way of forgiveness—and how can we overcome them?

[Is Anything Unforgivable?](#) An article discusses whether there are some things that are unforgivable.

[Is a Grudge Keeping You Up at Night?](#) According to a new study, people who are more forgiving sleep better (and have better health).

[Is Vengeance Better for Victims than Forgiveness?](#) In two high-profile cases of mass murder, some have argued that survivors and victims' families need the death penalty for a sense of closure. But is that really true?

[Just One Thing: Forgive Yourself](#) Everyone makes mistakes. But it takes skill to hush your inner critic!

[Learning Forgiveness in an Unforgiving World](#) A new book explores why we forgive and how forgiveness can help us.

[Nine Steps to Forgiveness](#) Dr. Fred Luskin outlines nine steps to forgiveness.

[One Reason to Choose Forgiveness Over Revenge](#) According to new research, writing a forgiveness letter can help restore our sense of humanity after we've been harmed.

[Six Ways to Deal With Someone Who Wronged You](#) Here's what we have learned from 25 years of research about forgiveness—and its alternatives.

[The Choice to Forgive](#) Forgiveness takes practice, says Fred Luskin, but it's a skill almost anyone can learn. He shares his research-tested method for helping people give up their grudges.

[The Forgiveness Instinct](#) To understand the human potential for peace, we have to learn three simple truths about forgiveness and revenge.

[The Healthy Way to Forgive Yourself](#) A new study suggests that men and women might experience forgiveness differently.

[The New Science of Forgiveness](#) Everett L. Worthington, Jr. has dedicated his career to the study of forgiveness. He has found that it carries tremendous health and social benefits—and he's taken his research to heart.

Additional Resources

TOPICS 7.10 and 8.10: **FORGIVENESS** for Educators and Students

Articles (Adult-Oriented)

[The Power of Forgiveness at Work](#) Ever carry a grudge or harbor revenge fantasies about a colleague or boss? It's likely costing you and your workplace.

[Three Ways to Foster a Forgiving School](#) Research suggests that forgiveness might be an unexpected but powerful way to enhance school culture.

[Which Feels Better, Forgiveness or Revenge?](#) A new study compares different responses to bullying—and finds that forgiveness may have to wait.

[Why Evolution Made Forgiveness Difficult](#) Nature endowed humanity with both revenge and forgiveness as tools of conflict resolution. But why does one seem so much harder than the other?

For a systematic review of self-forgiveness interventions: [Psychological interventions to promote self-forgiveness: a systematic review](#)

Articles (Student-Oriented)

[Does Forgiveness Make Kids Happier?](#) A new study suggests that children are happier when they're more forgiving toward their friends.

[How to Gradually Introduce Kids to the Idea of Forgiveness](#) Young kids can learn the building blocks of forgiveness and develop them as they get older.

[How to Help Kids Consider Forgiveness](#) Parents can help kids learn to choose forgiveness rather than revenge.

[How We Think About Forgiveness at Different Ages](#) Children's understanding of forgiving develops as they grow older.

[Three Ways to Foster a Forgiving School](#) Research suggests that forgiveness might be an unexpected but powerful way to enhance school culture

[What Young Kids Already Know About Forgiveness](#) A new study suggests that preschoolers prefer people who are forgiving.

[Why Kids Need to Learn How to Forgive](#) Peacemakers, poets, and researchers agree: Forgiveness heals hurts and is good for the forgiver—even the young one.

Podcasts and Happiness Breaks

[Episode 124: Nine Steps to Forgiveness](#) (19:40) How do you forgive someone while still holding them accountable? What if that person is yourself? This week, our guest tries a practice in forgiving herself and someone else.

[Happiness Break: A Note to Self on Forgiveness, with Alex Elle](#) (11:19) Letting go of our regrets can motivate us to improve and help us grow. Alex Elle, a poet and breathwork and writing coach, guides us through a meditation to forgive and accept ourselves.



Additional Resources

TOPICS 7.10 and 8.10: **FORGIVENESS** for Educators and Students

Quiz

Take this [Forgiveness Quiz](#) to consider where you are in your forgiveness journey.

Customizable Slides for Students

What is [Forgiveness](#)? Download and customize [these slides](#) to teach students about mindfulness.

Videos

[Jack Kornfield: Forgiveness Meditation](#) (10:09) The acclaimed author and teacher leads a meditation to practice forgiveness of others and of oneself, and to seek forgiveness.

[Forgiveness Requires Gratitude](#) (5:39) Fred Luskin explains why cultivating gratitude and compassion helps people to forgive.

PRACTICES for Adults

[Loving-Kindness for Adults](#) (Adult) Send good wishes, warmth, and kindness to others by silently repeating key phrases (less than 15 minutes)

[Making an Effective Apology | Practice | Greater Good in Action](#) (Adult) A good apology involves more than saying "sorry." (time variable)

[Mindful Self-Compassion for Adults](#) (Adult) A mindfulness practice to help you experience the self-compassion that naturally exists within you, and consider the simple ways that you care for yourself each day. (less than 15 minutes)

PRACTICES for Students

[Introducing Kids to Forgiveness | Practice | Greater Good in Action](#) (Lower elementary-Upper elementary) Help children understand what it means to forgive. (time variable)

[Loving-Kindness for Someone You Care About](#) (Early Elementary - High School) Encourage students' feelings of loving-kindness by focusing on an easy target—someone they care about; then ask them to offer kindness to themselves. (less than 15 minutes)

[Making Amends for Kids](#) (Lower elementary-Upper elementary) Help kids consider offering reparations as part of their apologies. (10 minutes)

Module 7.10

Forgiveness for Educators



TAKE IT DEEPER:

The Art of Forgiveness

Pick one of the meditations found at this link (seeking forgiveness from others, forgiveness of self, or forgiving others) and follow the instructions.

<https://jackkornfield.com/forgiveness-meditation/>

How did it feel to reflect on forgiveness in this way? Write a few sentences about how it felt to extend forgiveness to yourself or others.

What was challenging about this meditation for you?

Do you have any next steps you can think of now, in terms of extending forgiveness to someone else or yourself?

What else might you need in order to move forward with forgiveness?



Module 8.10

Forgiveness for Students



TAKE IT DEEPER:

The Art of Forgiveness

Invite your students to think through a forgiveness scenario by drawing and writing about a real situation they experienced or an imaginary situation between two friends.

Steps:

1. Draw a time friends were upset.

Write or draw about a time when you were upset with a friend. Or draw a picture of two imaginary friends who are upset with each other. Maybe one friend has hurt the other - either intentionally or by accident. Show how they might feel.

2. What Happened?

Draw pictures or write some words to explain what happened.

3. How Did It Feel?

Write a few words about how the friends felt during this conflict or hurtful situation.

4. Saying Sorry

Now draw the person who did the hurting, saying sorry and apologizing. How do they look? What are they saying?

5. Write or Draw About Forgiveness.

Write or draw a picture about how you can show forgiveness to someone who has hurt you. (For example, sharing a toy, inviting them to play again or participate in a group project, saying "It's okay," or hugging.)

