



Greater Good in Education  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

## FORGIVENESS TAKES HEART

### H: HOPE AND OPTIMISM

Think of a situation where you're holding onto hurt or anger. Now imagine it resolved—picture yourself feeling lighter and at peace. What would that feel like?

### E: EMPATHY AND UNDERSTANDING

Think of the person who hurt you as a whole human being. What struggles or fears might have influenced their actions? Can you see them as imperfect, just like everyone else?

### A: ACCEPTANCE AND SELF-COMPASSION

Place your hand on your heart. Remind yourself that being hurt is part of being human. Speak to yourself like you would a good friend: "It's natural to feel upset. You deserve kindness and healing."

### R: REFLECTION AND GRATITUDE

Think of three things you are grateful for right now. They can be big or small, related to this situation or not. Notice how focusing on what's good in your life creates space for healing. What has this difficult experience taught you about yourself or life?

### T: THOUGHTFUL ACTION AND ALTRUISM

Consider one small act of kindness you could do today for someone else—a friend, family member, or stranger. It could be as simple as a genuine compliment or holding a door. When we give to others, we can often find it easier to let go of our own pain.