

Forgiveness Stones

This activity encourages pupils to forgive and to let go of hurt and anger.

Equipment needed:

Bucket or large bowl
Medium sized stones
Water
Towel to dry stones for re-use
Printed and laminated quotes about forgiveness
Mini MP3 players and headphones (not ear-bud style)

Audio track – you will need to record the script, mix it with a bit of ambient music and transfer the final edit to MP3 players.

Instructions:

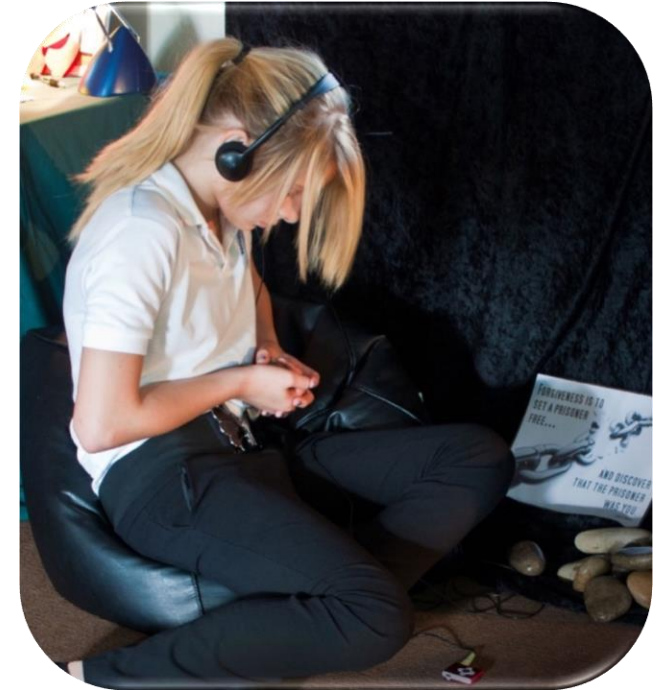
Create a calm, relaxing area using low lighting, comfortable seating and fabric. Place the water container and a basket of stones in the middle along with the MP3 players.

The narration guides pupils to reflect on a situation or person they might need to forgive.

Pupils are invited to pick up a stone, and to imagine that it represents the hurt they feel. Then they are invited to either place it in a container of water to symbolise letting go and forgiving, or put it back with the other stones if they don't feel ready to let go and forgive yet. It is important that pupils have this option so they are not being forced into a particular response and they feel they have made the choice for themselves.

"It helped me to let go of things that had happened to me"

"It let me bring out my anger about bad times in the past and leave them behind".



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Forgiveness Stones

This is the text for the MP3 track to accompany the Forgiveness Stones activity.

You will need to record it and add some ambient music, before loading it onto the MP3 players for use with the activity.

Alternatively, you could adapt this text into a simple instruction card for users to read.

Script

Relationships can be fragile. Just as we all have the capacity for great acts of love and kindness, so too we all have the capacity to cause pain and sadness. As someone once said ‘the line between good and evil runs through the middle of every human heart’.

We can sometimes hurt others by the things we do or the things we say. What hurtful things have you said or done to others? Other people can hurt us by the things they say and do. What hurt or painful memory are you carrying because of something said or done to you?

In front of you are some stones. Take one and hold it tightly in your hand. Let the stone represent the pain you feel when remember what the other person said or did. Hold it tight for a moment – you will probably have strong feelings: anger, sadness, a heavy heart. You may long for justice or even revenge. Think about what these feelings do to you. The other person may not know or care how you feel – they may never say sorry.

We can’t always see justice done, but we can be set free from the hurts.

Do you want to take these feelings with you? Or would you rather let them go? To choose to let go of the hurts is to forgive. Jesus said “If you forgive someone’s sins, they’re gone for good. If you don’t forgive sins, what are you going to do with them?”

What will you do with your hurts? Will you carry them forever, or will you choose to let them go? If you don’t feel you can let them go, put the stone back.

If you have chosen to let the hurts go, place the stone into the bowl of water. Watch the water cover it. Remind yourself that you have chosen to let go. You may need to remember this in the days ahead.

Know that as you forgive, so you also are forgiven.

The logo for 'Prayer Spaces in Schools' features a blue speech bubble icon with a white outline, positioned above the text. The text 'Prayer Spaces in Schools' is written in a white, sans-serif font on a dark blue rectangular background.

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Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might like to add your own logo.

Forgiveness Stones

Sit down.

Put on the headphones and switch on the MP3 player.

Try to ignore everything else in the room.

Listen to the instructions and follow them if you want to.