

## Lesson 3: Balloon Spoons

**WE ARE LEARNING:** How holding onto unforgiveness can make us feel.

**BORIS ASKS:** Can the children explain what is happening to the balloon?  
Can the children make the link between forgiveness and being free?

**RESOURCES:** Balloon; scissors; teaspoons; sellotape

Blow up a balloon and bat it around the classroom with the children. Talk about how much fun the balloon is having. It's light and free and enjoying itself. Then, get the balloon back and attach a teaspoon to it with string. Now try and bat the balloon around. The balloon still moves, but it is weighed down and heavy. Try this again, attaching another spoon, then another. Eventually, the balloon will stop moving. It will be too heavy to play with. It can't go anywhere. Talk to the children about how this is what it feels like to carry hurts, anger, or unforgiveness around with us.

Talk about what happens when we choose to forgive ourselves or other people. Get a large pair of scissors and shout the word "Sorry!" and then the phrase "I forgive you!" As you do so, cut the strings, one by one. The balloon is free again! Explain that when we say 'sorry' or when true forgiveness happens, it's like someone cutting the string.

You may want to explain that if something has really upset us, we may need to keep choosing to cut the string.

Be sure to emphasise that forgiving someone is different to disclosure. Explain that there are times that we need to talk to an adult about something that has happened. Forgiveness is what we do afterwards, when we are in a safe place.



### R&HE

**MW3.** how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

**MW4.** how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

### PSHE

**H4.** about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings

### BIBLE REFERENCE

Jesus answered, "I tell you, you must forgive him more than 7 times. You must forgive him even if he does wrong to you 70 times 7."

Matthew 18:22

## HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

### SMSC

**The spiritual development of pupils is shown by their:**

- ability to be reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for different people's faiths, feelings and values
- willingness to reflect on their experiences

### SIAMS

Strand 2: Wisdom, Knowledge and Skills

Strand 4: Community and Living Well Together