



# student self-forgiveness

## A C T I V I T Y

Helping students understand the  
concept of self-forgiveness.



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Title: The Self-Forgiveness Letter

Objective: To help students understand the concept of self-forgiveness and practice forgiving themselves for their mistakes and shortcomings.

Materials:

- Writing materials (pen and paper, or laptops if available)
- Access to a quiet space for reflection and writing

Instructions:

1. Start the class by discussing the concept of self-forgiveness and why it's important. Ask students to share any personal experiences they have with self-forgiveness, or any challenges they face when it comes to forgiving themselves.
2. Next, ask students to think of a situation in which they made a mistake or did something they regret. It can be anything from failing a test, hurting someone's feelings, or making a poor decision.
3. Instruct students to write a letter to themselves, expressing their self-forgiveness.

The letter should include:

- An acknowledgement of the mistake they made or the regret they have
- A statement of self-forgiveness
- A reminder that everyone makes mistakes and it's okay
- A plan for how to avoid repeating the same mistake in the future
- Encouragement to continue learning from their experiences and growing as a person

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4. Give students 10-15 minutes to write their letters in a quiet and private space.
5. After writing their letters, invite students to share their experiences with the class. Encourage a supportive and non-judgmental atmosphere where students can share their feelings and thoughts without fear of criticism.
6. Conclude the activity by reminding students that self-forgiveness is an ongoing process, and it's important to continue practicing it in order to maintain their mental and emotional well being.

This activity can help students develop a positive self-image and increase their self-esteem. It can also serve as a reminder that everyone makes mistakes, and it's important to forgive ourselves so we can move forward and continue to grow.