

# Forgiveness prayer resource

Thank you for downloading this Orison school prayer space resource pack. More schoolwork resources, including for prayer spaces, are available at [www.schoolwork.co.uk](http://www.schoolwork.co.uk).

## Purpose

The resource detailed here is intended for use as part of a prayer space in a school running as part of the RE curriculum or a designated spirituality or values week.

## Orison

For more information regarding running a prayer space in your school, see [www.orisonschools.org.uk](http://www.orisonschools.org.uk).

These resources are available free of charge for your use. However, if you would like to make a donation to support the further development of resources such as these, you can do so at <http://orisonschools.org.uk/donate>.

## Feedback

We really value your feedback to help us to continue to develop relevant and useful resources. If you do use this resource in your prayer space, please do come back to [www.schoolwork.co.uk](http://www.schoolwork.co.uk) and leave a comment.



# Fizzy forgiveness

Suitable for: Everyone

## EQUIPMENT

### Essentials:

Large container, preferably glass or see-through plastic (we recommend a vase or fish tank).  
Water  
Soluble vitamin tablets (these are about £1 for 20 in most supermarkets)  
Bowl  
Instruction card (enclosed)

This is an activity based around forgiving and letting go. It works well alongside the sorry activity. It encourages people to think about times when they have been wronged and are hurt, angry or bearing a grudge.

Set the container of water on a table with a bowl of vitamin tablets and the instruction cards next to it. You may want to break the tablets up into smaller pieces so they'll last longer – this will also mean that each person adds less to the water, meaning it'll last longer before you need to change it. Don't put too many tablets out at once – it's just too tempting for some kids to tip the whole lot in. Better to replenish the stocks little and often!



Make sure you keep an eye on this resource throughout the session, it is important to keep the water clear enough that people can watch the tablet fizzing and dissolving away. Once the water becomes cloudy it needs to be changed. Encourage people to use this resource one at a time. It's usually very popular so one container of water will almost certainly not be enough.

As an optional extra, clipping a light to the table to shine through the water creates a very effective atmosphere. Be aware of health and safety though...

[www.orisonschools.org.uk](http://www.orisonschools.org.uk)

Orison is a project of The Grassroots Trust  
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GRASSROOTS is a Christian charity based in the UK.  
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Has someone done something which has annoyed you, hurt you or upset you?

Holding onto these bad feelings makes you feel worse which is why we need to forgive other people.

Take a tablet in your hand and think about the person who has hurt you. Drop the cube into the water.

As you watch it dissolve, try to let go of the hurt and anger you feel.

