



Living our Values – Understanding our Feelings

In March we think about ...

Forgiveness

"If we really want to love, we must learn how to forgive."

In reality, it is impossible to have a lifetime without ever having been misunderstood, hurt, lied to or rejected at some time. Equally, we cannot escape having found ourselves in the position where we have unintentionally caused hurt, misunderstanding or upset. That is why forgiveness is so important. Forgiveness wipes the slate clean, it gives us a second chance, it helps us make things better for others, and it helps others make things better for us too.

Feeling Loved

Is there anything more wonderful than the feeling that we are loved and loveable? Hugs, making eye-contact, smiles and being held are equally as important as kisses for children – and all say "I love you".

Knowing we are loved is essential to all humans, and when we sense we have done something wrong, and fear we may be unloved, then we find it hard to concentrate and focus on a task. Children need to know that whereas their behaviour might not be loved, they always are. It is important to say "I really don't like that behaviour" – rather than "I really don't like you when you do that".

