

# Fizzy Forgiveness

- **Equipment**

Large vase or jar, water, soluble vitamin-C tablets (lemon or orange work best).  
Extras: a light to shine through the water.

- **Set up**

Put the jar of water on a table with a bowl of vitamin-C tablets and the instructions next to it.

TIP: Break the tablets into smaller pieces – they will dissolve quicker, and the water will have to be changed less often. It is best to have a team member nearby to ensure that pupils don't put lots of tablets in at once.

Encourage pupils to stop and think before dropping the tablet into the water: Are they hurt or angry? Are they bearing a grudge towards anyone? Encourage them to think about choosing forgiveness and letting go of hurt and anger.

- **Instructions**

We get hurt. Sometimes people do and say things to hurt us on purpose. Sometimes they don't mean it, but it hurts anyway.

Holding onto hurts isn't good for us. Has someone hurt you? Forgiveness is hard, it's about letting go.

If you want to, pick up a tablet and think about those hurt feelings. When you feel ready, drop it into the water. As you watch the tablet dissolve, imagine forgiving the person who has upset you and the hurt disappearing.