

HomeFront. PROJECT

KIDS

Teach, Empower and Enjoy Your Children.

Preparing for Marriage Forgiveness Experiment

Required Materials:

- Clear Cup (approximately 8 oz.)
- Food Coloring
- 1 teaspoon baking soda
- 1 tablespoon bleach

Directions:

- 1) Fill the clear cup with water, you should have approximately 8 ounces of water.
- 2) Stir in the baking soda.
- 3) Explain to the children that the cup of water/baking soda solution represents the child.
- 4) Add the food coloring into the water solution. Discuss things that happen that upset them that require them to forgive. Examples could include: a sibling losing a favorite toy, a friend saying an unkind thing about them, a family member forgetting a promise, etc.
- 5) Discuss how while these issues can be hard, one way of dealing with it is through forgiveness. Research shows many benefits from forgiveness. Forgiveness helps to heal emotional injuries, deepen empathy, and build emotional resilience! There are benefits from forgiveness some of which are stress relief, positive behaviors, lower blood pressure, less anxiety, and many more!
- 6) Take the tablespoon of bleach and explain that it represents forgiveness and pour it into the cup that has the water solution and food coloring, and gently stir to thoroughly mix the bleach into the solution.
- 7) The food coloring should then disappear.
- 8) Discuss with the children how the bleach is like forgiveness.



Sources: <https://www.marriage.com/advice/forgiveness/benefits-of-forgiveness-in-a-relationship/>
<https://www.youtube.com/watch?v=QhJFmhqyyKc>

Another Fun Activity –

[Enjoy this Berenstain Bear book about Forgiving](https://youtu.be/Gg5XrNfXx-M)

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