



**Hurting others:**

Hurting someone is a bad habit.

Hurting can be:

- Physical (hitting, beating)
- Emotional (making fun, abusing)

We can hurt others:

**Students' Learning Outcomes**

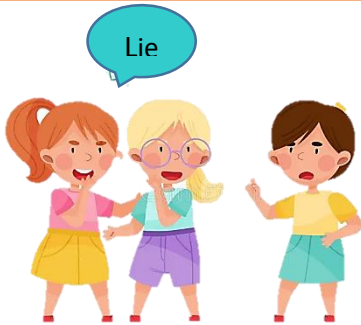
Recognize what they say and do can hurt others and what others do and say can hurt them (telling lies, pushing others, bullying, using derogatory words etc.)



By pulling or pushing.

By hitting or beating.

By making fun of others.



By being dishonest or telling a lie.

By using bad words or by calling their false names.

By abusing them.

- Hurting others is morally very bad.
- People get hurt because of us.
- It makes us guilty or shame.
- We should not hurt others.
- Just be gentle to yourself as well as other.





**Mistakes help us to learn:**

It is important to understand that making mistakes is a normal part of learning and growing. Everyone makes mistakes, and they shouldn't be a source of shame. Instead, mistakes help us to learn and improve.

For example:

If we try to learn painting, initially we'll make mistakes.

After doing mistakes, we'll learn it and become expert.

“Making mistakes is the learning process.”

**Students' Learning Outcomes**

Recognize that mistakes are a natural outcome of learning and are nothing to be ashamed at or to make fun of.



Learner



Expert

- ❖ Mistakes are not failure.
- ❖ Mistakes lead us to success.
- ❖ If we do not make mistakes, we cannot learn.
- ❖ If someone is not doing mistakes, he/she is not learning.





### Making fun of others:

It is important to treat others with kindness and respect. We should not make fun of others. When we make jokes or tease someone:

- ❖ It can hurt them.
- ❖ It can make them upset.
- ❖ It can make them feel guilty.

Instead of this, we should be supportive, create a healthy environment where everyone feels respected.

### Redress the hurt:

If we hurt someone, we should redress the hurt. There are certain ways to redress the hurt.

- ❖ By saying sorry.
- ❖ By doing something special for that person.
- ❖ By showing kindness to that person.
- ❖ By listening carefully.
- ❖ By taking care of injured person.



#### Students' Learning Outcomes

Recognize that making fun of others can cause distress and hurt others.



#### Students' Learning Outcomes

Identify ways in which we can redress the hurt caused to others (ask for forgiveness, say sorry, do something special for them etc).





## Forgiving others:

When someone hurt us, it is difficult to forgive them. But the person who forgives is truly a kind person. If a person says sorry, we should forgive him/ her. Our religion Islam also teaches us, that we should forgive others.

### Students' Learning Outcomes

Recognize that when people hurt them, they must forgive them.

Forgiveness is a way to let go of negative feelings and move forward.



People who forgive others have very big heart.