

## Assignment for students Zooming on 11/25/2020

I am sorry you're not feeling well today with COVID symptoms or you've been quarantined, we will miss you today. As we will be doing school-wide activities today there will not be an opportunity for you to Zoom. Rather, please complete the assignment below in order to be counted as present today. You must get a score of 90% or better on this assignment in order for it to count.

This assignment will include a 2-part Essay. The first part (pages 1-3) will be about forgiveness, the second part (pages 4-6) will be about gratitude. The font needs to be Times New Roman, the spacing should be set at 1.5.

### Note about plagiarism

In this assignment you are expected to write in your own words. It is crucial that this assignment contain your own writing. If you quote any information it should not be longer than 2 lines in length, and it must have quotation marks, and you must credit your source. All papers will be reviewed for plagiarism and if you have copied and pasted your writing you will get an automatic score of 0 on the assignment.

### Forgiveness (Pages 1-3)

Read the following news article:

<https://www.buzzfeednews.com/article/tasneemnashrulla/woman-forgave-teen-frozen-turkey-prank-dies>

**Page 1:** After reading the article summarize this event in your own words. Do not put your opinions about the incident in the article, simply summarize what happened in one full page.

**Page 2:** Put yourself in Ruvolo's shoes. Write 2 paragraphs (1/2 page) explaining how you think you would react if this event happened to you. Now put yourself in Cushing's shoes, write 2 paragraphs (1/2 page) about what Cushing may have been thinking about when they pulled the prank. What would be your reaction if someone did this for you.

**Page 3:** Final summary. Take the entire third page to write about what you have learned about forgiveness from this passage and analysis. Write about someone that has wronged you and what forgiveness you showed them, if any. If you could go back what if anything would you do different? Summarize your thoughts on forgiveness after reading this passage and writing about your own experience.

### Gratitude (Pages 4-6)

Read the following news article:

<https://positivepsychology.com/benefits-gratitude-research-questions/>

**Pages 4-6**

For this section of your essay review all 28 benefits of gratitude from the article. Find 12 benefits that are the most applicable to you. In your paper list each benefit, then explain how that benefit of gratitude could make your life better and how you could implement it in your life (1 paragraph per benefit). Write 4 paragraphs per page with one benefit discussed in each paragraph. Paragraphs should be long enough that the four paragraphs on the page fill the whole page.

**\*\***When this assignment is completed please email it to Tyler Jack at [tyjack@lcsd2.org](mailto:tyjack@lcsd2.org). The assignment must be received by 4:00 p.m. on 11/25/20 in order to be counted as present.