

Name: _____

Class: _____ Date: _____



Forgive & Be Free!

An activity of "An artist ahead of her time"



Read "**An artist ahead of her time**" (page 15-16, *What's Up* August 2017). Yayoi Kusama has had a very hard life, and her art gives her release from some of the pain she feels. Through their art, artists can also help other people to feel better, too. For instance, artist Linda Yew encourages *What's Up* readers through her "Art To Heart". This month, she also shares an important message about forgiveness.

View Linda Yew's "**Art to Heart**" on the back page of the same *What's Up* issue. She illustrates a quote by Mark Twain. Read "**A letter from Linda**" (below the artwork). Read her letter a second time before filling in the table below. In the "I say" column, write your personal thoughts and feelings about what Linda says.

Art by Linda Yew

	Linda says	I say
1	<i>"Sometimes, people hurt us, intentionally or unintentionally."</i>	
2	<i>"One of the hardest things to do is deciding to forgive in spite of our pain. Why should we let someone off when it is we who have suffered?"</i>	
3	<i>"... when we forgive, we are helping ourselves and others, more than the offender. We're ridding ourselves of the toxic damage that bitterness can inflict upon our hearts, minds, and bodies."</i>	
4	<i>"Is there someone we need to forgive today? Let us do so and experience the freedom forgiveness brings."</i>	