



SUITABLE FOR AGES 2-8

## HOW TO APOLOGISE

It can be hard to know how to apologise to someone when they are upset and angry. It's also really hard to admit that you are wrong.

### INSTRUCTIONS

Here is a step by step way of saying sorry and understanding what that means to discuss with your class. Try this out in a role play in the classroom. How does it make everyone feel? How does it feel when it happens to you?

#### "I'm sorry for ..."



"I'm sorry for being mean"



"I'm sorry for saying nobody should play with you"

**That way you are being clear to both you and your friend what you did that was mean!**

#### "In future I will ..."



"In future I won't say that again"



"In future I will think with more kindness and keep unkind words and behaviour to myself"

**Taking ownership of your own behaviour and actions is good!**

#### "That was wrong because ..."



"That was wrong of me because I got told off"



"That was wrong because it made you feel bad about yourself and hurt your feelings"

**Now you are thinking about how the other person felt, which is showing empathy.**

#### "Will you forgive me?"

**Understanding the consequences of your actions is important too!**

What **actions** could help to say sorry?

