

Meaningful Apologies



Sometimes we do things that hurt someone or make them feel bad.

Learning helpful ways to say "I'm sorry" can help kids build strong relationships and get back to having fun!



Say You're Sorry

Start by saying "I'm sorry" and acknowledge what you did that hurt the other person.

"I'm sorry I scribbled on your notebook."



Explain Why You're Sorry

Explain how your actions affected the other person.

"I know you were working hard on that drawing and you didn't like that I wrote on it."



Make Amends

Say what you will do differently next time. Offer to fix the problem or make things right with the person you hurt.

"I will not write on your things anymore. Can I help you make a new one?"



We all make mistakes! Healthy apologies can help kids think about other people's feelings, take responsibility for their actions, and build healthy relationships.