**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Saying You’re Sorry[[1]](#footnote-1)***

**Directions:** Read the following article and answer the questions that follow in complete sentences.

### Kids aren't perfect and they sometimes do things that get them into trouble. Saying "I'm sorry" can help. When you apologize to someone — and really mean it — it's because you have stopped to think about how the person may have felt because of what you did or said. When you stop to think about the other person's feelings, you begin to feel sorry for your behavior. You might even feel embarrassed or ashamed if you did something that you knew was wrong.

Even if what happened was an accident or you did something you didn't mean to do, you would probably still feel sorry if you knew the other person's feelings were hurt. After apologizing, you might feel a little better (the other person probably will, too).

When you apologize in a caring way, you can feel good because you are trying to make things right again.

### Stop and Jot: What are the positive benefits to you when you apologize?

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### What Does an Apology Sound Like?

There are many ways to apologize. Here are some examples:

* "I'm sorry about the mean thing I said to you."
* "I'm sorry I lost your book."
* "I was mad, but I shouldn't have called you a name. I'm sorry."
* "I'm sorry I hurt your feelings."
* "I'm sorry I yelled at you."
* "I'm really sorry I hit you when I was mad. That was wrong. I won't do it anymore."

***Saying You’re Sorry* (Continued)**

When you apologize to someone, they might apologize back to you: "That's OK, I'm sorry, too. I shouldn't have teased you." And then maybe you can both feel friendly again.

### Stop and Jot: According to the passage, what might an apology sound like?

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### When Should You Apologize?

Kids might need to apologize if they hurt or teased someone or lost something that belonged to someone else. They might need to apologize if they broke something (even by accident — oops!), or if they did something they knew was wrong — like telling a lie or breaking a rule on purpose. Maybe they did something their parent told them not to do, or maybe they didn't do something they were supposed to do.

Kids might need to apologize to each other or to a grown-up. Grown-ups can apologize, too — to other grown-ups or even to kids. After all, even grown-ups make mistakes sometimes. By apologizing when they're wrong, grown-ups can set a good example and show kids how to do the right thing and apologize when they need to.

### Does Apologizing Fix Everything?

Saying “I'm sorry” when you need to is the right thing to do. It does a lot of good. But by itself, it might not be enough to make everything all better again. Sometimes along with an apology, a person needs to fix the mistake or promise to do better. Sometimes doing a nice thing for the person after you apologize helps show that you really are sorry and want to be friendly again.

Sometimes a heartfelt "I'm sorry" fixes everything right away. Other times, it might take a while for someone to feel friendly after you apologize. You might need to give the other person some time. Even after you say you're sorry, you might still feel bad about what you said or did — but you can feel good about apologizing and about making up your mind to do better.

When someone apologizes to you, you might not feel like being friendly again right away. Once in a while, if a person doesn't change, you might not want to be friends anymore. You might feel relieved and glad that the other person apologized and admitted being wrong. But if someone keeps behaving in mean ways or does something that keeps hurting, you might not feel the same way anymore. Just because someone apologizes to you doesn't mean you have to be friendly again. That part is up to you.

***Saying You’re Sorry* Reflection Questions**

**Directions:** In your neatest handwriting and in complete sentences, answer the following questions:

1. Which of the apologies saying on pg. 1 sound the most like you? Pick two and explain why.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. On pg. 2, the article mentions that apologizing might not fix everything. Why is it still important to apologize to someone, even if it may take more time to mend your relationship?

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1. Think of time when someone apologized to you – did the apology make you feel better? Did the apology help mend your relationship with the person? Explain.

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**Stamp Your Learning for *Saying You’re Sorry***

**Directions**: For the following scenarios decide who you should apologize to and what you would say:

|  |  |  |
| --- | --- | --- |
| **Scenario** | **Who should you apologize to?** | **What would you say?** |
| You accidently bumped into someone and they dropped all their things. |  |  |
| You were angry at your teacher because they blamed you for something you didn’t do so you refused to do work in class. |  |  |
| You promised your mom you would be home on time, but the bus was late, so you did not make it home on time. |  |  |
| You didn’t do your HW. |  |  |
| You got into fight in the middle of class with someone you have been arguing with for months. |  |  |

1. <https://kidshealth.org/en/kids/sorry.html?view=ptr&WT.ac=k-ptr> accessed 1/19/20 [↑](#footnote-ref-1)