

Making an Apology (Saying You're Sorry)

Suggested Role-Plays

- 1.** You argued with your teacher about how she graded your essay. You constantly interrupted her and disrupted the classroom. Following the steps of the skill, show how you would apologize for your behavior.
- 2.** In the cafeteria, you ate lunch with a new group of students. They made fun of one of your friends, who wasn't sitting with you. You didn't defend your friend and even said hurtful things, too. Your friend heard about what you said and is sad and angry. Describe how you would apologize and say you're sorry.
- 3.** Your classroom teacher is out ill, and you have a substitute teacher for the day. When the substitute has her back turned, you make faces and imitate her actions. When she turns around suddenly, she catches you making fun of her. Respond by apologizing and saying you're sorry.
- 4.** You didn't do your chores around the house and were grounded for the weekend. You were so angry, you yelled at your mom and said things you wish you could take back. To repair your relationship with Mom, show and say you're sorry.
- 5.** You were warned not to pass notes in class. You did anyway, got caught and earned an office referral. Show how you would return to the classroom and apologize to the teacher for disrupting the class and not following the rules.

Making an Apology (Saying You're Sorry) Think Sheet

Name _____ Date _____

List some times or situations where making an apology and saying you're sorry are important:

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Why should you learn how to make an apology?

Are there ever times when offering an apology is not necessary? When and why?

When making an apology, what information or details should you include?

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How can the skill of **Making an Apology (Saying You're Sorry)** help you at school?

How can the skill of **Making an Apology (Saying You're Sorry)** help you at home?

Making an Apology (Saying You're Sorry)

- 1. Look at the person.**
- 2. Use a serious, sincere voice tone, but don't pout.**
- 3. Begin by saying, "I wanted to apologize for..." or "I'm sorry for...."**
- 4. Do not make excuses or try to rationalize your behavior.**
- 5. Sincerely say that you will try not to repeat the same behavior in the future.**
- 6. Offer to compensate or pay restitution.**
- 7. Thank the other person for listening.**