

Being Sorry



Guess the Word

s o r r y

Did You Know...?

When you say, 'sorry,' to someone, you are apologising. An apology is when someone says, 'sorry'.

What Does 'Sorry' Mean?

Talk
About It

Talk to your partner about what you think the word 'sorry' means.

The word 'sorry' can mean a few things:

- 'Feeling sorry' is when you have done something wrong and regret it so you might say, "I'm sorry that I shouted at you";
- If something bad has happened to someone, you might feel sorry for them. You might say, "I'm sorry that you hurt your arm";
- Sometimes, you can say the word when you are asking someone a favour. You might say, "Sorry, could I please borrow a pen?"

When Have You Said Sorry?

My little brother kept following me around. I got cross and shouted at him. He started to cry. I felt really bad and apologised to him.



I had to say 'sorry' to my sister, when I accidentally dropped her tablet and smashed the screen.

Talk
About It

Talk about a time when you apologised to someone and why. How did it make you both feel?

When Might You Need to Say Sorry?

when you
have had
an
argument
with
someone

when you
have been
angry and
hurt
someone

when you
have not
kept a
promise

when you
have not
told the
truth

when you
have been
rude to
someone

when you
have left
someone out
and not
played with
them

Saying Sorry and Being Sorry

When someone says, 'sorry,' to you, does it always make you feel better?

If you apologise for doing something but then don't change how you act, then you probably aren't really sorry.

When you really are sorry, you don't just say sorry, you change your behaviour so you don't do it again.



Being Sorry

Follow these tips to help you take responsibility for your behaviour:

Take some time until you feel **calmer**;

Think about how you were **feeling** at the time;

Reflect on **your mistake**. What could you have done differently?

Think about how **the other person** was feeling;

Remember:

It's OK to feel angry, jealous, tired, sad or frustrated but is **not OK** to hurt other people.

**All feelings are OK but we need to learn how to deal with them.
It's important to take responsibility for our behaviour.**

What Makes a Good Apology?

Use these three sentence starters to help you to make a good apology to someone and take responsibility for your behaviour.

It's also important to look right at the person when making your apology.

- I am sorry for...
- It was wrong because...
- Next time, ...



What Makes a Good Apology?

Example 1

Sami was happily playing with a green dinosaur.
Beth wanted the green dinosaur too so she snatched it from Sami.
Sami started to cry and the teacher came over to help.



The teacher helped Beth to think about her behaviour and how she and Sami were feeling. Then, Beth looked at Sami and said...

I am sorry for snatching your toy.
It was wrong because you wanted to play with it.
Next time, I will use my words to ask you.

What Makes a Good Apology?

Example 2

Chiluba was painting a picture.
Frank was running in the classroom and knocked the water pot over.
It spilled onto Chiluba's painting and ruined it.
Frank ran off and Chiluba told the teacher.



The teacher found Frank and helped him to think about his behaviour and how he and Chiluba were feeling. Then, Frank looked at Chiluba and said...

I am sorry for running and knocking the water over.
It was wrong because I ruined your picture and you're sad.
Next time, I will walk around the classroom.

Showing You Are Sorry

'Actions speak louder than words.'

What do you think this saying means?

After you say 'sorry', you could show you really are sorry by...

writing a sorry note

getting their coat or bag for them at home time to show that you care

asking them how you can make things better

helping them get up if you knocked them over

remembering not to do it again

making a friendship bracelet, special drawing or something else to give them

Accepting an Apology

Even if you try hard to give a good apology, the other person may still be upset.

- They may not forgive you.
- They may not accept the apology.
- They may need some time.

I'm sorry

Thanks but you really hurt me.

It is still important to take responsibility for your behaviour and to say '**sorry**'.



Would You Forgive the Following?

- Your friend copies your homework.
- Your favourite piece of clothing is ruined by your brother/sister.
- Your phone is stolen by someone you know.
- You are bullied.
- Your best friend tells your secret to everyone in school.

Does it take a strong person to forgive?
Explain your reasons.



Ava and Lauren

Read this story and think about how the characters were feeling.

Ava and Lauren were best friends and had been ever since their first day in Reception. They did everything together; they played together at playtime, they sat together in the dinner hall and they often had play dates at each other's houses.

One day, when Ava arrived at school, she saw that Lauren's coat peg was empty. "Where is Lauren?" she asked Miss Jones.

"Lauren's mummy phoned to say that she wasn't very well," explained Miss Jones.

Ava felt sad. She'd never been at school without Lauren before. She didn't know who would be her friend.



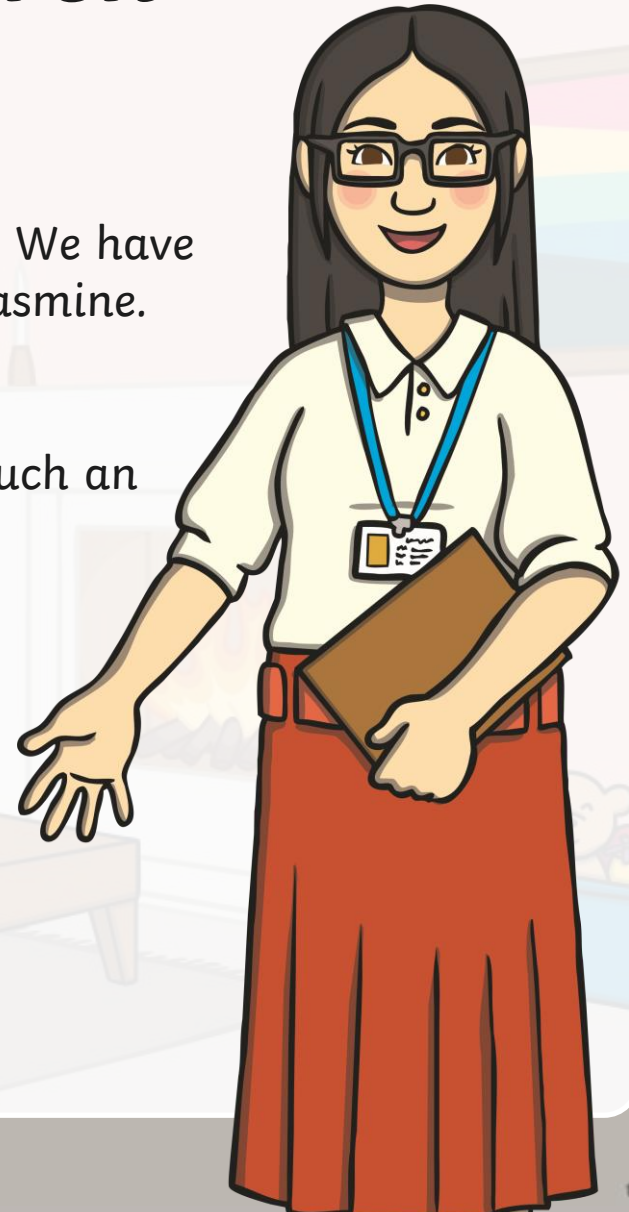
Ava and Lauren

Miss Jones smiled kindly at Ava.

“Don’t worry. I have an important job for you. We have a new girl starting in our class. Her name is Jasmine. I’d like you to be her special friend today.”

Ava felt proud that Miss Jones had given her such an important job.

At playtime, Ava and Jasmine played together. At lunchtime, they ate fish and chips side by side. When home time came around, Ava and Jasmine’s grown-ups swapped phone numbers so they could have a play date.



Ava and Lauren

The next day, Lauren was feeling better and came back to school. Happily, she rushed into the classroom because she was looking forward to seeing her best friend, Ava. However, Ava was sitting at a table colouring with another girl.

“Ava, I missed you so much!” she said. “Can I sit next to you and do some colouring?”

“No,” answered Ava, “I’m sitting with my new friend, Jasmine.”

Talk
About It

How do you think Lauren was feeling right now? Why?



Ava and Lauren

Lauren felt very left out and lonely but Ava didn't seem to notice. Ava and her new friend, Jasmine, played together the whole day.

However, during afternoon break, Ava looked up from her game. She noticed Lauren wandering sadly around the playground on her own.

All of a sudden, Ava realised that she hadn't been very kind to Lauren. Ava felt very sorry and knew she had to put things right.

Talk
About It

How could Ava give Lauren a good apology? What could she say and do to put things right?



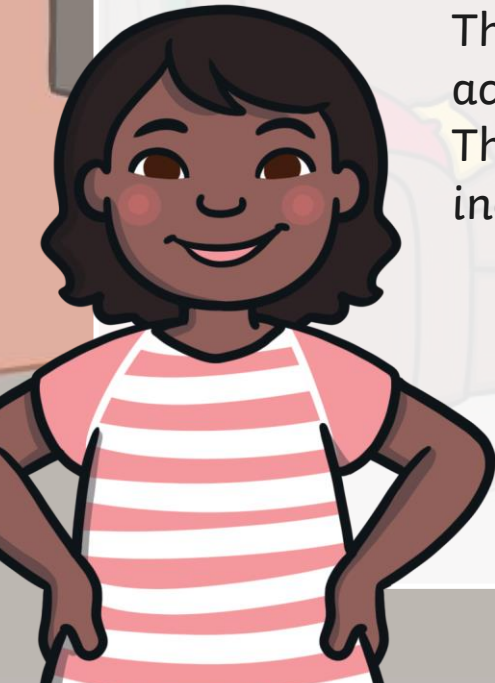
Ava and Lauren

Ava went over to Lauren. She looked at her. "I'm really sorry," she said. "I didn't mean to be unkind. It was wrong to leave you out because I was so excited about having a new friend. Next time, let's all play together!"

Lauren was happy to hear this and forgave her best friend. "It's OK," she replied.

The two girls walked hand in hand across the playground to Jasmine. They all promised to always include each other.

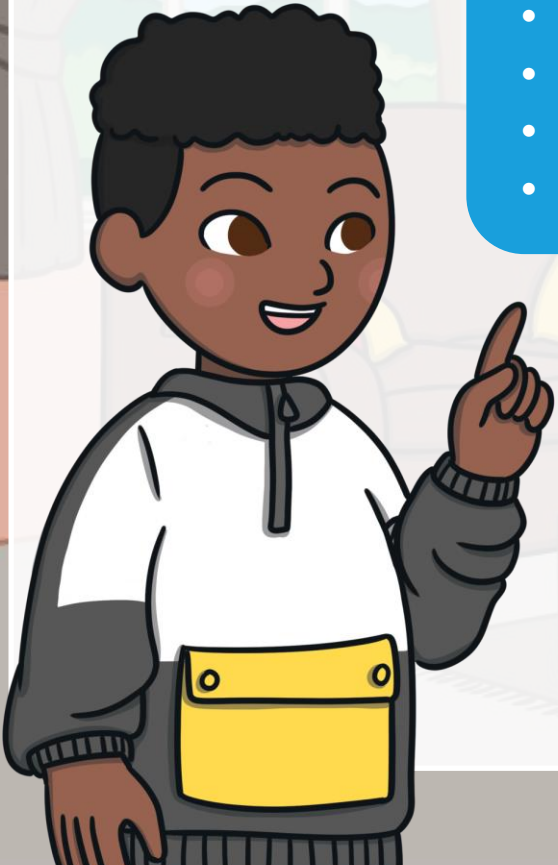
Although they sometimes fell out with each other, they soon became the best of friends.



Top Tips to Remember

Remember these tips to help you to make a good apology and take responsibility for your behaviour:

- Take time to calm down;
- Think about yours and the other person's feelings;
- Look at them;
- Say the three sentences below;
- Show them you are sorry with a kind action.



I am sorry for...
It was wrong because...
Next time, ...



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