

# BUILDING AN APOLOGY



## Apology Prep Work

with *Fantastic* **FIX-IT**

What went wrong?

What mistakes or bad choices were made? No excuses or blame. Take responsibility for what you did that hurt someone else.

What are you

Social Emotional  
Workshop

*Fantastic* **FIX-IT**

Social  
Emotional  
*Workshop*

*Thanks for your  
purchase!*

**Click to follow me  
on social media  
or my blog!**



# SAYING SORRY

with *Fantastic* **FIX-IT**

Assess the **DAMAGE** done.

What was the impact? How does the person feel?

Say **WHAT** you did wrong.

Be specific and honest. No "I'm sorry, but"

Say **WHY** this happened.

Take responsibility. No excuses, no blame.

Say how you are going to **FIX IT**.

How will you make it up to them? How will you stop it from happening again?

**THANK** them for listening

They may not forgive you

# HOW TO APOLOGIZE

with *Fantastic* **FIX-IT**

STEP 1

Assess the **damage** and see what needs to be **fixed**.

STEP 2

Say **what** happened and take **responsibility**.

STEP 3

Say **why** this happened.

STEP 4

Say how you are going to **fix it** or stop it from happening again.

STEP 5

**Thank** them for listening.



Social Emotional Workshop © 2018

# ANCHOR CHARTS

# FAKE OR REAL APOLOGY?

## SAYING SORRY

with *Fantastic* **FIX-IT**

Assess the **DAMAGE** done.

Say **WHAT** you did wrong.

Say **WHY** this happened.

Say how you are going to **FIX** it.

**THANK** them for listening.

What was the impact? How did the person feel?

## When to Say Sorry

with *Fantastic* **FIX-IT**

Minor Bother

Honest Mistake

Serious Offense

I bump into someone getting in my way.

I forget to return a book.

I drank

I got my permission and now my mom pick me up.

my day.

I told Hannah that she can't play with us.

I told Regan a secret that Dina told me.

# INTRODUCTION SORTING ACTIVITIES

# Apology Prep Work

with *Fantastic* **FIX-IT**

## What went wrong?

*What mistakes or bad choices were made? No excuses or blame. Take responsibility for what you did that hurt someone else.*

## What are you sorry for?

*How does the other person feel? Did you mean for this to happen? Do you wish you did something different?*

## How can you fix it?

*Apologize with actions. What can you do to make the person feel better and fix*



Dear \_\_\_\_\_

I'm sorry for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From,

\_\_\_\_\_

\_\_\_\_\_



# BOOK LIST



These are helpful books to use to extend this lesson. Students often find it easier to put themselves in a character's shoes when learning new skills rather than looking their own (mis)behavior.

It can also help for students to see themselves in certain characters. Mean behavior or mistakes do not make you a bad person, but rather someone who has something to fix.

1. David Gets in Trouble by David S
2. Uh-Oh! I'm Sorry by Jill Ackema
3. Martha Doesn't Say Sorry by Sa
4. Zach Apologizes by William Mul
5. Words Are Not For Hurting by E
6. This is Just to Say: Poems of Ap

## Fantastic **FIX-IT**

### Reward Cards

These reward cards can be used in classrooms, group or individual counseling to recognize when students learned skills.



# Fantastic **FIX-IT**



Brainstorms real solutions.

Apologizes when someone gets hurt.

Finds ways to make a situation better.

Knows when help is needed to fix a situation.

Uses facts to come up with solutions.

*Fantastic **FIX-IT*** comes in after a situation has gone badly and finds ways to try to make the situation better. He helps us apologize and come up with real solutions. He works with

## Fantastic **FIX-IT**

### Student Certificates

This is a great way to recognize student progress and also communicate that progress to parents and teachers. Consider giving it to students when they complete all activities or show improvement in class.

**I am a Fantastic **FIX-IT****

This certificate is awarded to \_\_\_\_\_

for being able to spot her mistakes and say sorry.

Signed \_\_\_\_\_ Date \_\_\_\_\_



# BONUS

# Certificates, Poster, Sticker Chart & Book List