



Saying I'm Sorry

Talking about emotion - filled issues at times that are calm and uneventful are good times to reinforce important lessons about social interactions. Here's a way to casually address the issue of making apologies.

Learning Goals Children are working on:

- Recognizing the feelings of others and responding
- Sharing and recognizing the rights of others
- Practicing listening and speaking skills

Here's a way to start a conversation with a child who could use some reinforcement about learning to say "I'm Sorry" to friends and adults.

Directions:

- Pick a time when things are calm...maybe while waiting for parent pick up or while sitting with a child at naptime. Try to make this a one-on-one conversation.
- Begin by talking about yourself first, in calm and matter-of-fact way. For example, "You know, I was thinking about the time when I put Chrissy's blanket in the wrong cubby and she couldn't find it. She was so sad. When we found it in your cubby I was sure to tell her that I was sorry and promised to be more careful about putting her blanket in her cubby all the time."
- Then ask the child to recall a time or you could remind the child about a time when he/she did something to someone else and had to say "I'm sorry."
- You could use these questions to guide your conversation:
 - What does it feel like to feel sorry?
 - What can you do to help the other person feel better?
 - What can you promise to do better the next time?
- End the conversation by repeating what you heard the child say, and affirming that you know things will be better the next time.

Note: This could also be adapted to be a small group activity.

 **Strategy Song:** *Saying I'm Sorry is the first step. Then, how can I help?*



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