

11 Making an Apology

Appendix C

Level II Lesson Cards

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Description Making an apology is used when you have done something to hurt or offend another person or their feelings and you want to say you're sorry and show remorse.

Steps

1. Look at the person.
2. Use a calm body and voice.
3. Say what you are sorry about.
4. Say what you'll do differently next time.
5. Ask the person to accept your apology.

Vocabulary Respect, Amends, Alienate

Rationale This skill shows your respect and concern for other people. When you apologize, others may see you as a caring person. Apologizing increases your chances of making amends so you can repair the relationship.

Examples What could happen?

If you know how to make an apology, you will probably be able to "clear the air." Then you can feel comfortable around the other person again. You will be less likely to get into an argument or have conflict with your parents, teachers, and friends.

If you don't know how to make an apology, you may offend your friends and alienate them. You might not get another chance to make up with the person.

Considerations

- @ Students must be able to demonstrate the prerequisite skill of Looking.
- @ A review of the skill Expressing Yourself will assist students in Step 3 of this skill. Let students know that apologizing does not mean they are wrong. It means they are sorry and feel sad or distressed about what has happened.
- @ Additional time may need to be spent discussing Step 4, so that students understand how to say what they will do differently.