



IMPROVING
YOUR
SOCIAL SKILLS

SAYING I AM SORRY



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WHAT DOES IT MEAN TO SAY SORRY?

Have you ever felt bad about something you said or did?

Maybe you yelled at your brother for breaking your favorite toy. Or maybe you hurt your best friend by playing with someone else at recess. Sometimes we hurt others by the things that we do or say. When this happens, it's important to understand why saying sorry can help to make things better.





THE IMPORTANCE OF AN APOLOGY

Have you ever purposely hurt someone because you were angry with them?

Have you ever accidentally hurt someone because you were being thoughtless or **irresponsible**?

Hurting others can **happen on** purpose or by **accident**. No matter how it happens, it's always the kind thing to do **to** apologize after you have **said or done** something to upset **someone**. By apologizing, you are showing that you care about their feelings.





DID YOU KNOW?

Apologizing not only makes the person you hurt feel better, it can make you feel better too.

MAKE UP AFTER A MISTAKE

Everybody makes mistakes. It's an important part of life to make mistakes and learn from them.

When we mistakenly hurt someone and recognize that we did something wrong, we may want to make things right again. In this case, we learn something about ourselves. This is called a teachable moment.



growth

teachable moments

opportunities

Life Lessons

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