

How to Apologize

Lesson Purpose: To help students understand what it looks like when someone is upset and how to apologize for something they may have done wrong.

Potential Curricular Crossovers: Health, Language Arts

Materials:

Paper

Crayons/Pencil Crayons

Lesson Introduction (10-15 minutes):

Teacher: *What does it look like when we hurt someone's feelings? I want you to draw a circle on a piece of paper and draw what it looks like on someone's face when their feelings are hurt. I'll give you five minutes to draw.*

after the five minutes have elapsed

Teacher: *Ok everyone. Now I'd like you to hold up your drawings. Would anyone like to tell me about what they drew? (give five minutes for discussion).*

Lesson Body (30-35 minutes):

Teacher: *Ok. Now that we've drawn and talked about what it looks like when someone is upset, I want you to think about a time when you've been upset. Close your eyes for a minute and think about:*

- *What happened?*
- *What made you upset?*
- *How did it feel?*

(give three minutes for students to think about this. Give them the option to write it down in point form if they want).

Teacher: *Now that we have had a moment to think about this, we are going to divide into groups of three. Taking turns, everyone is going to talk about what happened and write down one way you could have fixed the situation.*

(give 10 minutes for discussion).

Teacher: *Now that we've had some time to talk, we are going to make a list of:*

- *How it looks when someone is upset*
- *Things that may make another person feel upset*
- *What we can do about it*

In your groups, I want you to make this list. I will then take all of your ideas and put them together to make a poster for our classroom called "How to Apologize."

students can also use post-it notes to do this

(give 20 minutes to complete the activity)

Lesson Conclusion (5-10 minutes): Role Playing

Get students to choose a scenario that they came up with earlier in their groups of three.

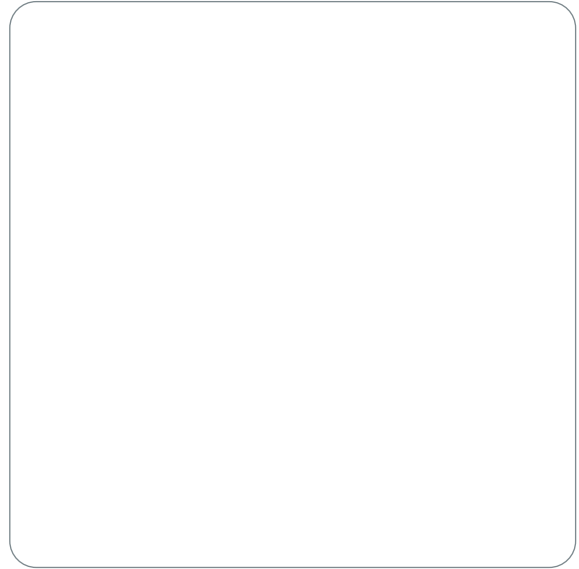
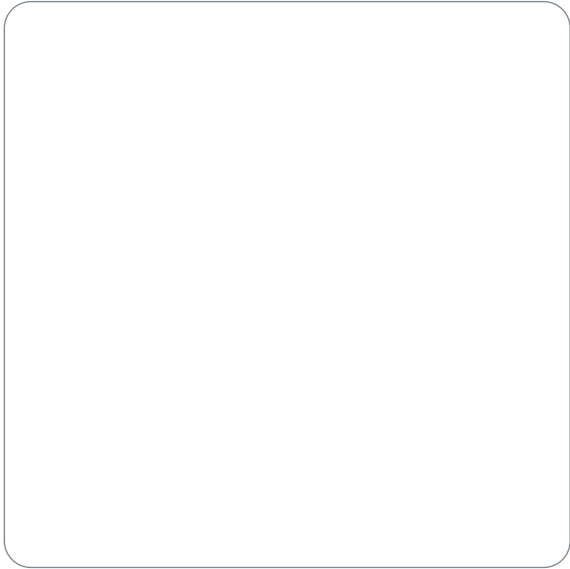
Get students to act out how the situation first went, exactly as the person described it. Then, using what they learned, get them to act out what they wish could have been done differently to make the situation better.

Lesson Extension: Reflection (30-35 minutes)

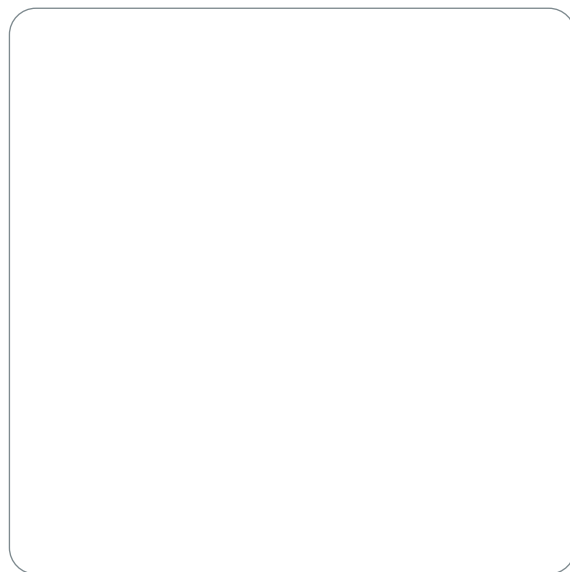
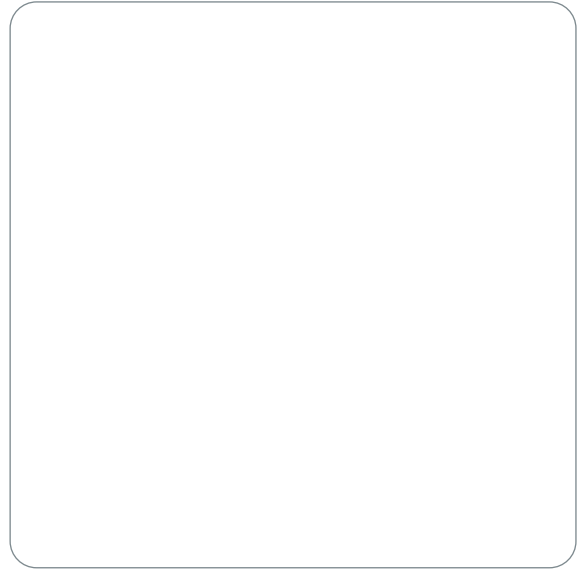
After doing the role-play, get students to write a reflection about how the situation made them feel and why they would have done things differently. Students can also draw a comic strip, detailing what happened and what they wish would have happened.

Class Poster: How To Apologize

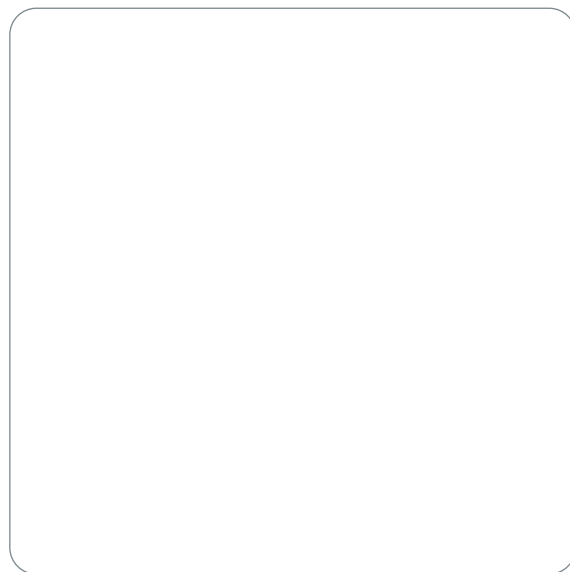
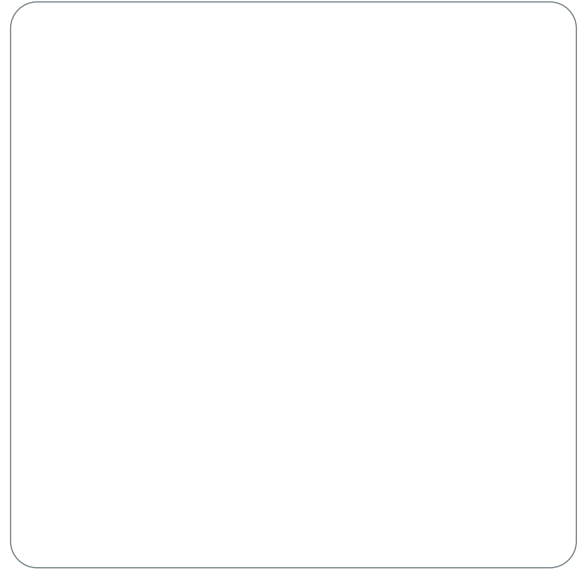
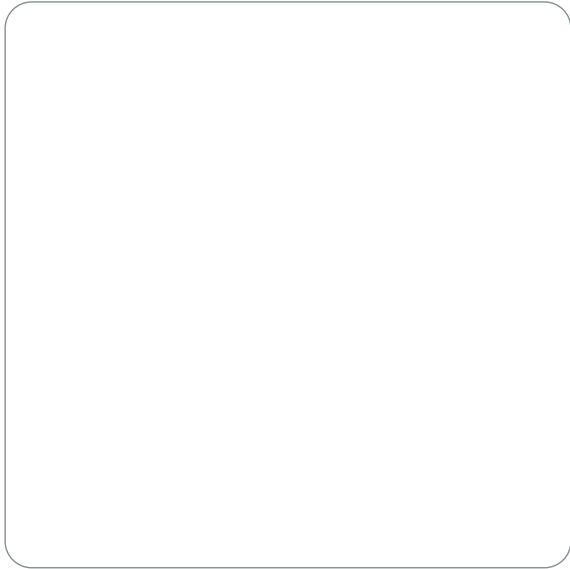
When someone is upset, it looks like this:



Things that might upset us are:



Some things we can do to help are:



Extension Activity: Reflection

Instructions: Think about a situation that upset you. Write about what happened, why it upset you and how it was solved. Then, write about what you would have liked to see differently based on what you have learned.

Extension Activity: Comic Strip

Instructions: Think about a time where someone or something upset you. Draw out what happened in the squares below:

Now, think about what you would have liked to have happened. Draw what you think should have happened in the squares below:

