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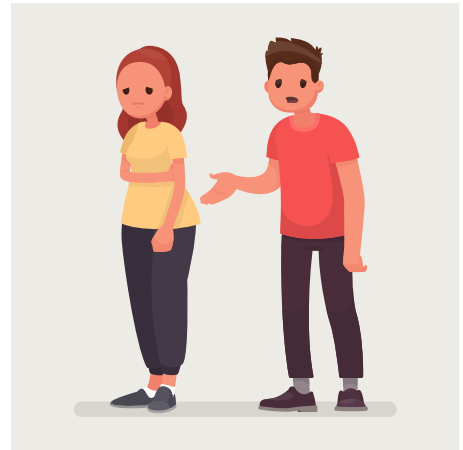
Homeroom: \_\_\_\_\_

### *The Power of an Apology*

**Directions:** Read the following article<sup>1</sup> and answer the questions that follow in complete sentences.

We all make mistakes, but how you respond in these moments can make a huge difference both in how others perceive you and the situation itself. Simply apologizing by saying “I’m sorry” is often a helpful first step in those moments. As experts from KidsHealth explain:

“When you apologize, you're telling someone that you're sorry for the hurt you caused, even if you didn't do it on purpose. People who are apologizing might also say that they will try to do better. They might promise to fix or replace what was broken or take back a mean thing they said. When you apologize in a caring way, you can feel good because you are trying to make things right again”



When you say, “I’m sorry,” it helps people refocus their attention away from identifying who was to blame, to working together towards a solution. It can help you maintain—and even strengthen—your rapport with others.

**Stop and Jot:** What are some of the benefits of apologizing when you’ve done something wrong?

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<sup>1</sup> “Saying You’re Sorry” by KidsHealth Medical Experts <https://kidshealth.org/en/kids/sorry.html?view=ptr&WT.ac=k-ptr> accessed 1/19/20

## Reflection Questions for *The Power of an Apology* (Continued)

So, what does an effective apology sound like? It should be honest, direct, and acknowledge that you did something that negatively impacted others. It should not cast blame on someone else or provide justification for your actions. It also should not include any qualifiers, especially those that begin with the word “but...” Here are some example apologies from the experts at KidsHealth:

"I'm sorry about the mean thing I said to you.

"I'm sorry I lost your book.

"I was mad, but I shouldn't have called you a name. I'm sorry.

"I'm sorry I hurt your feelings.

"I'm sorry I yelled at you.

"I'm really sorry I hit you when I was mad. That was wrong. I won't do it anymore.

**Stop and Jot:** Why are these apologies effective? What do they share in common?

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We all have a responsibility to apologize when something we do hurts another person, and this encourages and reinforces this norm to survive and thrive. Sometimes, along with an apology, you may need to also:

“...work to fix the mistake or promise to do better. Sometimes doing a nice thing for the person after you apologize helps show that you really are sorry and want to be friendly again. You might also need to give the other person some time. Even after you say you're sorry, you might still feel bad about what you said or did — but you can feel good about apologizing and about making up your mind to do better.”

**Stop and Jot:** Why are these apologies effective? What do they share in common?

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## Reflection Questions for *The Power of an Apology*

**Directions:** Answer the following questions in complete sentences.

1. Describe a time when someone apologized to you. How did it make you feel? Why?

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2. When was the last time you apologized to someone else? Why did you apologize, and how did you feel afterward?

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3. When do you find it hardest to apologize to others? Using what you learned from this article, what could you say to motivate yourself to apologize?

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### Reflection Questions for *The Power of an Apology* (Continued)

4. Use this table to plan for how you could apologize to others in these common scenarios.

Scenario	What would you say to apologize to this person?
You accidentally bumped into someone, and they dropped all their things.	
You put your head down and stopped participating during class because your teacher accused you of doing something that you didn't do.	
You promised your mom you would be home on time, but the bus was late, so you did not make it home on time.	
You forgot to complete a task for a group project	