



How to SAY SORRY to a Friend

Everyone makes mistakes.
Saying sorry helps to fix things,
build trust and keep friendships strong.



Follow these steps to say sorry.

1 Think about what you did.



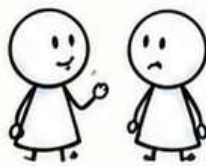
Take a moment to think about your actions and why they were wrong.

2 Say sorry.



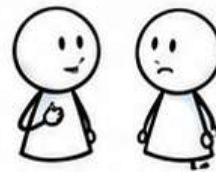
Look at your friend and say sorry clearly and kindly.

3 Explain what happened.



Explain what you did and take responsibility.

4 Show you understand.



Listen to how your friend feels and show you understand.

5 Make it right.



Ask how you can put things right and do your best to make it better.

Read each scenario.

Write the steps (1-5) in the correct order.

- ☐ You say sorry to your friend.
- ☐ You listen to your friend when they explain how they feel.
- ☐ You think about what you did and realise it was wrong.
- ☐ You explain what happened and take responsibility.
- ☐ You ask how you can make it right and do something to fix it.



What could you say?

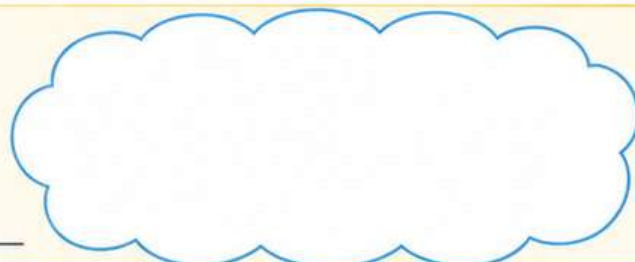
Write a kind apology for each situation.

- 1 You pushed your friend by accident. _____
- 2 You said something unkind. _____
- 3 You broke your friend's toy. _____
- 4 You didn't include your friend in a game. _____



Think!

How does saying sorry help your friendships?
Write or draw your ideas.



Saying sorry takes courage, but it helps your friendship grow stronger!

