



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Kindergarten Steps to a REAL Apology

Everybody makes mistakes. Even the best of friends can say something unkind or do something to cause pain or hurt feelings. Let's **practice** how to deliver a *real* apology!

Try This!

1. **Do a *feelings check*.** Understand your words have hurt someone.
2. **Take responsibility for what you did wrong.** Be specific.
 - a. *"Oh No! I spilled your cup of juice all over your shirt!"*
 - b. *"I took your iPod without asking."*
3. **Say how your mistake hurt the other person.** Use the words "I am sorry" and say what you are sorry for. Ask them if you're not sure.
 - a. *"I am sorry that I got your shirt all wet. I think I ruined it!"*
 - b. *"I am sorry. I know you thought someone had stolen your iPod. You were worried that you would never see it again."*
4. **Deal with the results of your mistake.** Ask the other person, "What can I do?" Offer suggestions on what you might do to make things better.
 - a. *"Let me get some napkins to dry you off. Would you like to wear my sweatshirt for the rest of the day?"*
 - b. *"I will ask you before I borrow anything in the future."*
5. **Promise** to change your behavior.
 - a. *"Next time, I will be more careful when I find my seat."*
 - b. *"I will ask you before I borrow anything from you in the future."*