

Lesson 3.17 Making a Sincere Apology

Objectives: Students will be able to:

- 1) Compare a weak apology to a sincere apology.
- 2) Explain the benefits of apologizing.
- 3) Identify obstacles to apologizing and how to overcome them.
- 4) Demonstrate a sincere apology.

Materials Needed: ☐ Handout 3.17.1 ☐ Sound equipment for video

Bell Ringer
(Activity for before and after the bell rings)

Write about:

- Do you agree with this quote?
- Write about a time when you received a weak (stiff) apology.
 - How did you feel?
 - How did you know it was weak?
- Now write about a time you received a sincere apology.
 - How did you feel?
 - How did you know it was sincere?

School-Connect - Handout 3.17.1

Bell Ringer

[Greet students as they come in the door. Ask them to take Handout 3.17.1 and get started on the Bell Ringer.]

Do you agree with this quote (on slide and handout)? Write about a time when you received a weak (stiff) apology. How did you feel? How did you know it was weak? Then write about a time when you received a sincere apology. How did you feel? How did you know it was sincere?



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T=3

Essential Questions
(Questions to guide the class discussion)

- Why should we apologize?
- What makes an apology sincere?
- How do we overcome obstacles to apologizing?

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Introduce Lesson and Essential Questions

Whenever we reflect on conflicts and recognize our role in them, we come face to face with opportunities to apologize. Today we will discuss and practice what makes a sincere apology.

[Ask one or more students to read aloud the essential questions.]

- *Why should we apologize?*
- *What makes an apology sincere?*
- *How do we overcome obstacles to apologizing?*



1 m
T=4

Bell Ringer Discussion
(Activity for before and after the bell rings)

THINK-PAIR-SHARE:

- Do you agree or disagree with this quote? Explain.
- How did you feel when you received a weak (stiff) apology? How did you know it was weak?
- How did you feel when you received a sincere apology? How did you know it was sincere?

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Bell Ringer Discussion

[Have students do a think-pair-share on the Bell Ringer, then discuss as a class.]

- Do you agree or disagree with the quote? Explain.
- How did you feel when you received a weak apology? How did you know it was weak?
- How did you feel when you received a sincere apology? How did you know it was sincere?



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The Value of an Apology
(Why is apologizing so important?)

We are going to do a "guided image" exercise.

Close your eyes. Think of someone – a friend, family member, or older person you admire.

Once you have this person in mind, imagine that something you said or did has hurt this person's feelings and/or damaged her or his trust in you.

You really want to set things right. Think how you might do this.

Now open your eyes.

➤ Given this image, do you think learning to apologize is a valuable use of your time? Why or why not?

➤ What is the purpose of an apology?

➤ In your eyes, how do you make a sincere apology?

School-Connect - Handout 3.17.1

The Value of an Apology

[Lead the guided image exercise on the slide, then ask the following.]

- Given this image, do you think learning to apologize is a valuable use of your time? Why or why not?
- What is the purpose of an apology? (To resolve a conflict, heal a relationship, take responsibility for our actions but not defend them)
- In your eyes, how do you make a sincere apology?



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Composing a Sincere Apology
(What makes an apology more meaningful?)

The Five A's of a Sincere Apology

- 1) **Admit** you were wrong; say what you are apologizing for, but refrain from defending your actions.
- 2) **Acknowledge** the hurt or damage. (I understand that I hurt you. I would be hurt if it happened to me.)
- 3) **Apologize** (I am sorry.)
- 4) **Make Amends** and/or promise to do better in the future.
- 5) **Ask** for forgiveness. (I hope you can forgive me.) (Optional)

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Composing an Apology

The most important components of an apology can be remembered as the Five A's. [Provide examples for each. Have students take notes.]

1. **Admit** you were wrong; say what you are apologizing for, but refrain from defending your actions.
2. **Acknowledge the hurt or damage.** (I understand that I hurt you. I would be hurt if it happened to me.)
3. **Apologize** (I am sorry.)



Composing a Sincere Apology

(What makes an apology more meaningful?)

- What does it mean to make amends?
- What are some examples of making amends that you have experienced or done for someone else?
- Why might asking for the person's forgiveness be optional?
- What if the person does not accept your apology?

School-Connect - Handout 3.17.1

FIVE A's of APOLOGIZING

- 1) **Admit** you were wrong; say what you are apologizing for.
- 2) **Acknowledge** the hurt or damage; if understand that I hurt you, I would be hurt if it happened to me.
- 3) **Apologize** (I am sorry.)
- 4) **Make Amends** and/or promise to do better in the future.
- 5) **Ask** for forgiveness. (Optional)

3. Apologize (*I am sorry.*)
4. Make Amends and/or promise to do better in the future.
5. Ask for forgiveness. (*I hope you can forgive me.*) (Optional)

- What does it mean to **make amends**? (Do something to make up for, or atone for, your actions.)
- What are some examples of making amends that you have experienced or done for someone else?
- Why might asking for the person's forgiveness be optional? (While it gives the power back to the recipient, asking for forgiveness might put them on the spot. Many people need time to reflect on an apology before responding.)
- What if the person does not accept your apology? (Accept and show understanding; she/he may not be ready to forgive.)



5 m
T=17

Obstacles to Apologizing

(Why is apologizing hard to do sometimes?)

- What can make it difficult to apologize?
- If you think you haven't done anything wrong, what should you do?
- Do you think apologizing is a sign of strength or of weakness? Explain.

School-Connect - Handout 3.17.1



Obstacles to Apologizing

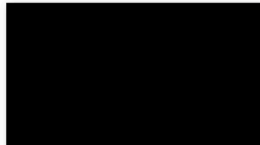
- What can make it difficult to apologize? (Not wanting to be wrong, fearing how the person might respond, feeling not wholly at fault and that the other person shares the blame, holding negative attitudes about apologizing.)
- If you think you haven't done anything wrong, what should you do? (Say that you regret the effect your actions had on the person, and say it was not your intention.)
- Do you think apologizing is a sign of strength or of weakness? Explain.



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T=20

Improve an Apology

(Example: How would you improve upon this apology?)



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FIVE A's of APOLOGIZING

- 1) **Admit** you were wrong; say what you are apologizing for.
- 2) **Acknowledge** the hurt or damage; if understand that I hurt you, I would be hurt if it happened to me.
- 3) **Apologize** (I am sorry.)
- 4) **Make Amends** and/or promise to do better in the future.
- 5) **Ask** for forgiveness. (Optional)

Improve an Apology
(3 more)



Videos: Improve an Apology

[Have students work in groups of three to four. Tell them that this activity requires collaboration and remind them about disagreeing without being disagreeable.]

CLICK to show videos of four different people making an apology. Show each video at least twice. After each apology, ask students to critique it according to the guidelines for making a sincere apology. As a group they should agree on a rating for each apology using a scale of 1-10, with 10 being the best.

Discuss each apology and ask for group ratings by a show of fingers. Then have groups rate themselves on their ability to disagree without being disagreeable.]



8 m
T=28

Role Play a Sincere Apology

(Make your apology meaningful.)

With a partner, select two of the following situations. Compose (write out) and practice making a sincere apology. Switch roles for the next situation.

- A. You've been slacking off on your chores and it's been hard on your parents.
- B. Your best friend told you a secret, and you told it to another friend who then spread it around.
- C. You were rude to a family member at dinner and now you feel badly about it.
- D. You stay up late and your coach is disappointed in your performance at a game the next day.
- E. You argued with about him as a person.

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FIVE A's of APOLOGIZING

- 1) **Admit** you were wrong; say what you are apologizing for.
- 2) **Acknowledge** the hurt or damage; if understand that I hurt you, I would be hurt if it happened to me.
- 3) **Apologize** (I am sorry.)
- 4) **Make Amends** and/or promise to do better in the future.

Apology Olympics



Role Play a Sincere Apology

[Have students pair up and practice two of the role plays on the handout. Circulate the room and observe role plays.]

CLICK to next slide. After they have practiced, ask volunteer pairs to compete in an "Apology Olympics" by standing up and performing their role play for the class. The rest of the class provides feedback and selects a winner on the basis of the loudest clapping or group ratings (on a scale of 1-10). Choose a prize for the "Top Three" winners (e.g., bonus points, a treat, or a privilege).]



10 m
T=38

Wrap Up

(What did we learn today?)

- Why should we apologize?
- What makes an apology sincere?
- How do we overcome obstacles to apologizing?



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Application/
Reflection



Wrap Up

[Review the essential questions.]

Reflection/Application

Reflect on a past or current situation in which your actions caused hurt or damage to someone. Compose a sincere apology. If it is not too late, make your apology and reflect on how you feel now.



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T=40