

storytime™ SAYING SORRY!

We all have big feelings inside us, and it's perfectly fine and normal for us to get upset, angry or frustrated at some time or another. When we feel like this, though, we sometimes say or do things that hurt other people. When this happens, it can be a good thing to say 'sorry'. It's not always easy but here are some ways you can do so!

Ways to say you're sorry!

Here are some different things you can say to apologise to someone.

- I'm sorry for.
- I'd like to apologise for.
- I was wrong. Can you forgive me?
- Excuse me for being rude
- It's my fault, I shouldn't have.

Why saying sorry can be a good thing to do!

It shows that you care about someone else's feelings!

It helps them to feel better

Hurting someone else's feelings can make you feel bad, so apologising can help you to feel better too!

What would you do?

Think of a time when you did something you want to apologise for!

What did you do that you would like to apologise for?

How do you think this made the other person feel?

What would you want to say to them?

Think about...What do you like to do differently in the future?