

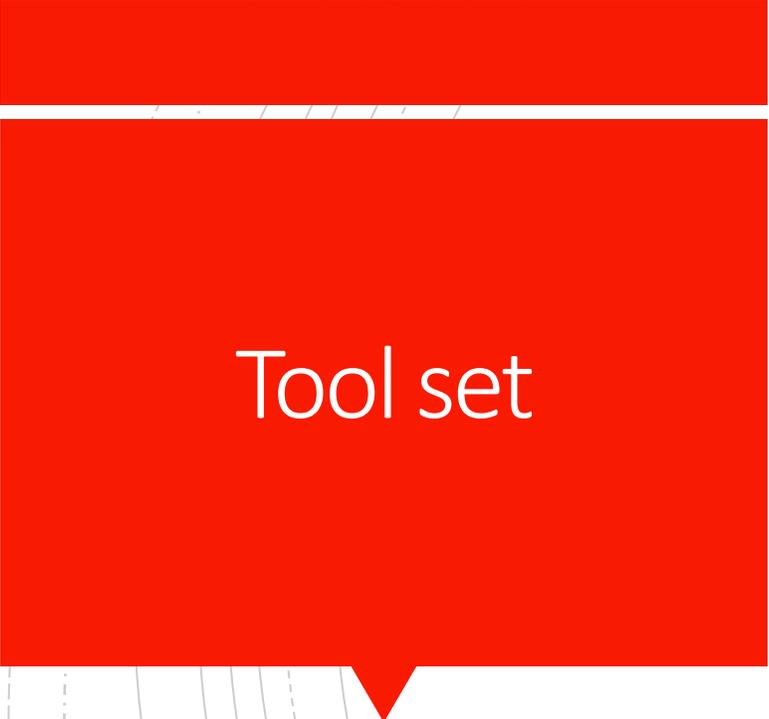
Mindset, tool set and skill set for a genuine apology!

Guide for teaching and supporting real apologies

Offered by Karen DeVoogd OPMP

Mindset

- An apology can be a powerful piece of restorative practices when it is done authentically.
- It requires a growth mindset of “I can own my behavior and improve it every day”
- It can not be forced or required by others but instead born of genuine regret
- It is NOT the time to justify actions or make excuses for bad behavior!
- It does not guarantee forgiveness will be granted, but instead focuses on taking responsibility and working to do better in the future

A red speech bubble graphic with a white outline, containing the text 'Tool set'. The bubble has a tail pointing downwards and to the right.

Tool set

Choose a frame or guide that is developmentally appropriate for your students

An Elementary example may be a “sentence frame” such as

1. I am sorry that I (describe the mistake)
2. I will try to do better by (describe how you will change)
3. I hope you can forgive me.

- SORRY -

Elementary School Tool
for thinking through parts
of a real apology

- [SORRY frame for an apology](#)
(click above for video example)

Middle/High
School tools from
Psychology Today



Source: fizkes/Shutterstock

- 7 Ways to Truly Say You're Sorry

Skill set

- Practice, practice, practice!!
- Create expectations that apologies will be encouraged but not forced and forgiveness will be encouraged but not forced
- Model giving authentic apologies to others whenever possible when your students can see and hear you
- Guide apologies during “morning meetings” or other whole group circle times – use simulations first so students will be ready when a real apology is needed
- Give specific feedback to students when they use their apology skills and tools