



EFFECTIVE COMMUNICATION SKILLS

Activity: Practicing Apologizing

Directions:

1. Provide each student 1 out of the 4 situational prompts below*.
2. Take 5 minutes to have students write an apology responding to the prompt they received, being sure to include all 4 elements (genuine remorse, acknowledgement of harm, explanation, and amends).
3. Then have students pair up, making sure to partner with someone whose prompt is different.
4. Invite the pairs to take turns practicing giving and receiving apologies.
5. Depending upon how much time you have, you can run more than 1 round – new prompt, new partners, more practice.

At the end of the activity, reflect on the activity as a large group with the following questions:

- Was it difficult to write your apology? Why or why not?
- Was it difficult to deliver your apology? Why or why not?
- Is it easier to apologize to people you know or strangers? Why do you think that is?
- Do you apologize to people in your life when you hurt them?
 - How often?
 - Who do you apologize to? Who don't you apologize to?
 - What are some reasons you might choose not to apologize to someone?
- Do people in your life apologize to you when they hurt you?
 - How would it feel if they did?
 - How could you tell somebody that they hurt you and ask for an apology?

*Prompts for activity:

1. You promised your parent that you would load the dishwasher before your extended family arrived for dinner, but you lost track of time. The dishwasher

that HEALTH class

is running now, so there is nowhere to put the dirty dishes from cooking and your parent is embarrassed that the house looks messy.

2. You made plans to go see a movie with a close friend, but then a popular classmate from school invited you to go to an amusement park with them. The two plans are at the same time, so you lied to your friend and said you were sick and cancelled. Your classmate posted a picture of the two of you on social media and your friend saw. Your friend is really mad.
3. Your sibling got a drumkit for their birthday and plays it **CONSTANTLY** and **LOUDLY**. Last night, you were up trying to memorize a presentation you had to give and couldn't focus with all the noise. When your sibling took a break to use the bathroom, you hid their drumsticks.
4. You are part of a group project for school. You really wanted to go hang out with friends last night, but weren't allowed to go until you finished your homework so you plagiarized your section. Now, your whole group is in trouble.