

Unit 4: Relationships • Lesson Plans

Lesson 7	Repairing Relationships
Objectives	Students will practice making meaningful apologies. Students will identify actions to help repair relationships after wrongdoing. Students will discuss forgiveness and how to move past conflicts with others.
Vocabulary	Apologize: To express sincere remorse or regret about a bad choice or mistake to someone who was impacted by the situation. Forgive: To acknowledge and move past someone else's wrongdoing.

Introduction:

- SAY: Relationships all have their ups and downs. In this lesson, we'll discuss strategies for repairing relationships and moving on when conflicts do arise.

Activity 1: Meaningful Apologies

- SAY: What does it mean to apologize? (Listen to responses). What are some examples of times when you or someone else might have to apologize for something? (Listen to responses). An apology is a sincere and meaningful statement that expresses remorse about some type of wrongdoing.
- Read through the "Meaningful Apologies" page. Read through the apology checklist and discuss each of the steps. Read the quote and discuss what that means.
- Have students work with a partner to make up a scenario where an apology might be needed. Have them act it out and then switch roles. Have students describe their experience on the bottom of the worksheet. Give time to share.

Activity 2: Making Things Right

- SAY: Apologies are important, but they are not the only answer. Sometimes, an apology just isn't enough. You have to work to make things right. That might mean a lot of different things depending on the situation. What are some examples of actions you've taken to make things right after making a mistake or bad choice? You might write someone a kind note if you hurt their feelings, for example. What else can you think of? (Listen to responses).
- Read through the "Making Things Right" page. In partners, have students read each scenario and identify what each person could do to make things right. Give time to share as a full group.

Activity 3: Let's Fix It

- PREP: Prepare and cut out the cards. You will need one set per partner or small group.
- SAY: Let's think about how we can practice making things right in real life situations.
- Have students work with a partner or small group to read through each of the cards. They should discuss the situation and what could be done to repair relationships and make things right.
- Give time to share specific scenarios as a full group.

Notes

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Activity 4: Forgiveness

- SAY: Forgiveness is an important skill in being able to repair relationships and move on. Let's talk about forgiveness and what it means.
- Read through the "Forgiveness" page.
- SAY: I'm going to read some statements about forgiveness. I want you to hold up your hand and show me whether you agree or disagree with the statement. Holding up a fist means completely disagree, 3 means in the middle, and five fingers means complete agree. Let's try.
- Read the statements at the bottom of the page. Have students hold up their hands to show how much they agree or disagree with each statement. Discuss the statements as you read them.

Activity 5: Moving On

- SAY: In order to fully repair relationships from setbacks, you have to be willing to move on. Sometimes, this takes time. Of course, that's going to look different depending on how big the problem was and how it was handled. There are some steps to help you move on. You need to deal with your emotions, communicate openly, forgive others, forgive yourself, and reconnect with that person. I'm going to put you in a group. With your group, you will get just one of those strategies. Together, you will plan and act out a skit that models that skill.
- Have students get in five small groups. Assign each group a skill to act out. Give them time to put their skit together. Walk around and help groups understand the skill and give ideas, if necessary.
- Have students perform their skit in front of the whole group.

Closing: Discuss closing questions:

- What does it mean to repair relationships?
- How does it feel when you are able to repair a relationship?
- Is moving on from conflict easy or hard? Why?
- How can moving on be beneficial for all people involved?

Notes

Name: _____

Date: _____

Meaningful Apologies

Everyone makes mistakes sometimes. Sometimes we might say something that hurts someone's feelings, or we might make a bad choice that negatively impacts someone else. It's natural to feel bad or regretful about those actions. When this happens, it's important to know how to give a sincere and meaningful apology. This can help to repair relationships.

When giving a sincere apology, go to the person directly and make eye contact. Share that you are sorry and explain why. It's important to be clear and honest about what you specifically did wrong. Next, share what you will do differently in the future to show that you have learned from the experience. Finally, ask the person if they forgive you or ask what else you can do to make it right.

"I'm sorry for _____ . Next time, I will _____ . Do you forgive me?"

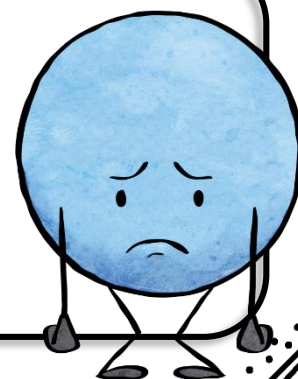
"Apologizing doesn't always mean you're wrong and someone else is right. It means you value your relationship more than your ego."

My Apology Checklist

- Make eye contact.
- Express remorse with "I'm sorry" or "I apologize."
- Identify what you are sorry for
- Share what you will do differently next time.
- Ask for forgiveness or how you can make it right.

• Let's Respond •

With a partner, make up a scenario that might involve wanting to apologize for something. Act out the scenario and give a meaningful apology. Make sure to switch roles. Describe what you apologized for and how you made it a sincere apology.



Name: _____

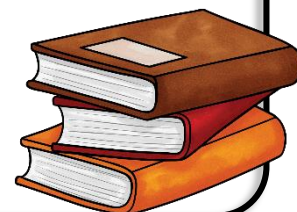
Date: _____

Making Things Right

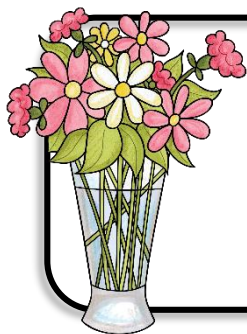
While it is important to know how to show remorse for making a mistake, an apology often isn't the only answer. When we make a bad choice or a mistake, it can often help to try and make things right. Making things right can be different depending on the situation. You might need to give back to clean up a room if you made a mess or do something kind for someone if you said something that hurt their feelings.

Read each situation. Consider what each person could do to make things right.

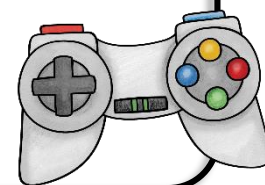
#1 Ben lied to his parents about homework to be able to stay out later with friends. When his parents found out, they grounded him for the rest of the week. How can Ben make things right?



#2 Jen is at a friend's house hanging out. She throws a ball to her friend and yells, "Think fast!" The friend ducks and the ball ends up breaking a vase. Glass, water, and flowers are everywhere on the table on floor. How can Jen make things right?



#3 Emilio gets mad at his sister for interrupting his videogame. He runs into her room and rips some posters off her walls. His sister starts crying and his parents overhear what's happening. How can Emilio make things right?



Let's Fix It

1 Let's Fix It

7-3

A teacher catches you doodling on your desk in class.



2 Let's Fix It

7-3

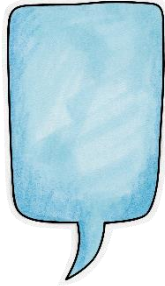
By mistake, you break a friend's pair of headphones.



3 Let's Fix It

7-3

You say something mean to a friend during an argument.



4 Let's Fix It

7-3

You forget to do a chore that your parents asked you to do.



5 Let's Fix It

7-3

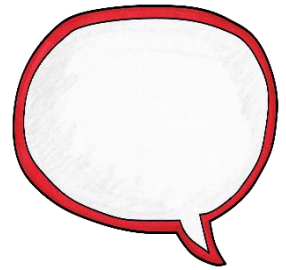
You are fooling around and draw on a friend's art project.



6 Let's Fix It

7-3

You talk behind a friend's back and they find out.



7 Let's Fix It

7-3

You forget to call a family member on their birthday.



8 Let's Fix It

7-3

You forget to do your part of a group project that is due tomorrow.



9 Let's Fix It

7-3

You mistakenly tell someone a secret a friend asked you to keep private.



10 Let's Fix It

7-3

You make a mess in a room when you are mad.

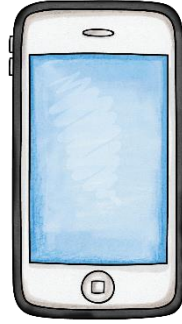


Let's Fix It

1 Let's Fix It

7-3

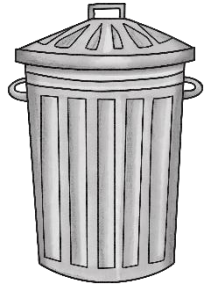
You told a friend you'd text them to hang out and you forgot.



2 Let's Fix It

7-3

You try to throw your lunch into the trash. It misses and makes a mess.



3 Let's Fix It

7-3

You forget to do your part of a group science lab.



4 Let's Fix It

7-3

You made a joke at lunch and it hurt a friend's feelings.



5 Let's Fix It

7-3

You borrowed money from a friend and forgot to pay them back the next day.



6 Let's Fix It

7-3

In art class, you spill paint on a friend's new binder.



7 Let's Fix It

7-3

You talk back to your teacher during history class.



8 Let's Fix It

7-3

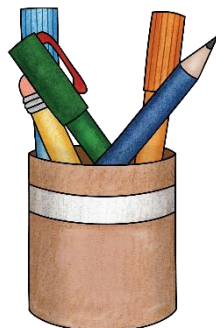
You lose your temper and push a friend. They fall down.



9 Let's Fix It

7-3

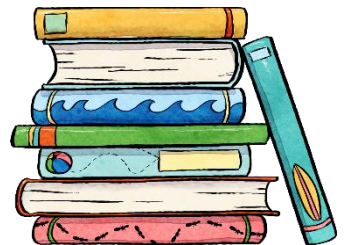
You get a friend in trouble for talking to them during a test.



10 Let's Fix It

7-3

You borrowed a friend's science book and lost it.



Name: _____

Date: _____

Forgiveness

Forgiveness is an important skill in order to maintain positive relationships with others. To forgive someone means acknowledging someone made a mistake or bad decision and being able to move past that mistake.

Forgiveness can take time. When someone wrongs you, it can take time to heal. That's okay. Use healthy coping strategies to help you cope with the feelings you are experiencing, while working to a point of forgiveness.

Forgiving doesn't mean forgetting. Being able to forgive means you are willing to move on. That doesn't mean you have to forget. In fact, remembering what happened can sometimes help you stay guarded so that you are not let down or hurt again in the future.

Forgiveness can be healing. By forgiving someone else, you set yourself free. Sometimes you can hold on to so many negative emotions when refusing to forgive someone. When you finally let go and forgive the person, you might notice that you feel a lot better, too.

• Let's Respond •

Read each of the quotes about forgiveness. Decide if you agree or disagree with the statement:

- **“The first step in forgiveness is the willingness to forgive.”**
- **“Everyone deserves a second chance.”**
- **“Forgiving someone is a sign of strength.”**
- **“Everyone makes mistakes sometimes.”**
- **“Some things just can't ever be forgiven.”**
- **“Learn to forgive. It's a skill you'll always need.”**
- **“Forgiving others should be easy.”**
- **“The ability to forgive is one of the greatest skills.”**



Name: _____

Date: _____

Moving On

Learning to move on after a conflict is a critical component to staying healthy and happy. With a partner or group, create a skit to show each of the strategies that help us move on in healthy ways after conflict with others.



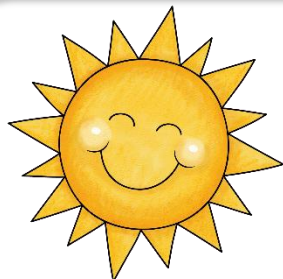
Act It Out! · Deal With Your Emotions

With a partner or small group, create a skit to show demonstrate what it means to deal with your emotions in order to move on.



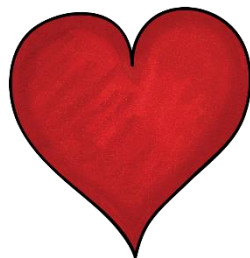
Act It Out! · Communicate Openly

With a partner or small group, create a skit to show demonstrate what it means to communicate openly in order to move on.



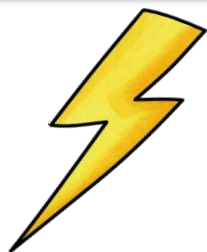
Act It Out! · Forgive Others

With a partner or small group, create a skit to show demonstrate what it means to forgive others in order to move on.



Act It Out! · Forgive Yourself

With a partner or small group, create a skit to show demonstrate what it means to forgive yourself in order to move on.



Act It Out! · Reconnect

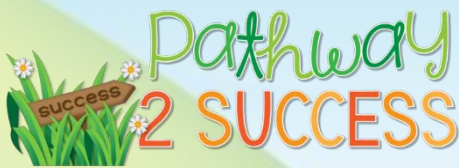
With a partner or small group, create a skit to show demonstrate what it means to reconnect with someone in order to move on.

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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