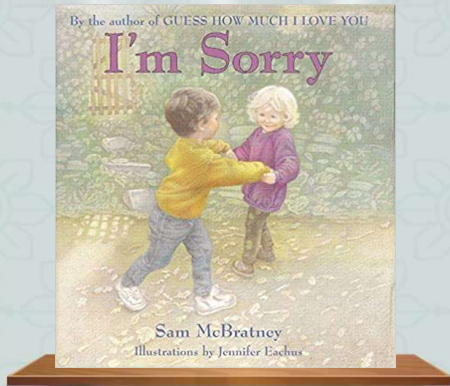


New York State  
**BOOK NOOKS**



# I'm Sorry

Saying “I’m sorry” is difficult for adults, so how do we teach it to children? This beautifully written and illustrated book shows how best friends can enjoy many activities together, hurt each other’s feelings, and come to resolution.

**Title:** I’m Sorry  
**Author:** Sam McBratney  
**Illustrator:** Jennifer Eachus  
**Publisher:** HarperCollins Publishing Ltd.  
**Date published:** 2000

<b>Pyramid Model Skill or concept(s)</b>	Empathy, friendship
<b>Goal/Objective:</b>	Children will learn that sorry is a strong word to indicate one feels bad about a situation with another person.
<b>Emotional Vocabulary:</b>	Sorry, hurt, sad, lonely, care, friendship

### Before & During Reading

<b>Supplies needed:</b>	The book Chart paper
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#### Before Reading:

Ask children if they have ever done something and realized someone was hurt or upset and that made them feel bad. For example, you could say “Like something in your heart was sad or your belly didn’t feel good, or you wanted to hide from that friend.” Provide an example that they might relate to, such as “... when a friend wanted to play, and you hollered at them to not touch the toys & they cried. Then you saw them crying & felt bad. Or your mom told you not to eat the cookies and then you did anyways. Then realized you disobeyed, and your mom was going to be upset with you. That feeling you get when someone else’s body, feelings or heart is hurt from what we did, means we should say that we are sorry. We have a book today about friends who learn how to say sorry.”

#### During Reading:

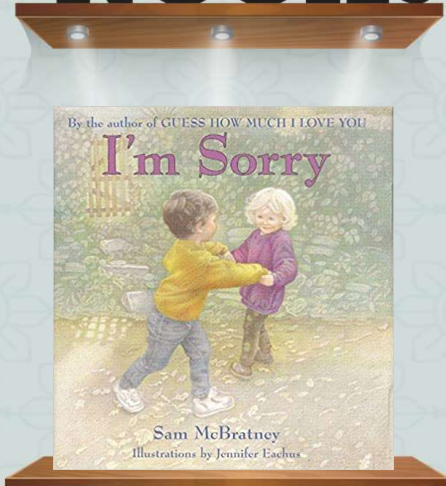
Display the title page, read the title, author & illustrator. Ask children what they think will happen in the book. Ask them to look at the picture on the cover, ask the question of “How do the children feel & why?” On chart paper, record their answers in 2 columns- “They felt....” “When they....”

Every few pages, have the children identify how the children in the story are feeling and what they are doing that make them feel that way. Some responses may be: Loved when my friend is near me, curious when we explore the tadpoles, strong when we climb the fence, happy when we laugh together, important when I can be the teacher/doctor, excited when we splash in puddles, hurt when I get yelled at, lonely when I can’t play with him/her, angry when she/he won’t talk to me, sad when we are apart, happy when sharing talking apologizing.

#### After Reading:

Discuss how the characters changed their feelings, and what may be causing those changes. Invite children to share what they like to do with their friend and how they feel during those times. Ask how they feel when friends don’t play with them, don’t share, say mean words, take all the toys etc.

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**After Reading (continued):**

Explain that everyone have a lot of feelings and that is okay. Share how we can choose how we act but not how other people act. Discuss what we can do when our feelings are hurt. Share the video "My Wallaby Won't Use His Words" <https://www.youtube.com/watch?v=CDUcyLtKC3M>

Remind children to say sorry when they feel sad after something went wrong whether by accident or in anger. And when you feel someone hurt your body or feelings, tell them or tell an adult.

**What Pyramid Model skill or concept is covered?**

Emotional Literacy: Recognize feelings in oneself & others  
Empathy: understanding apology  
Emotional Regulation: Handling big emotions productively

**Writing Connection**

**Name of Activity:** Apology Cards

**Supplies needed:** Writing utensils, scissors  
glue, collage materials, emotion pictures,  
Variety of colored and durable paper

**Ideas of what to say or do.**

Explain that sometimes it is easier to say "I'm Sorry" when we have a tool, such as a card or something to give, to help us approach the other person.

- Encourage children to draw a picture about what they are feeling, what they want to do with their friend, why they like the other person or other suitable friendship building prompts.
- Guide the child to dictate an apology that comes from the child. You can use open ended questions/prompts such as:
  - What happened?
  - How did you feel when he/she did that?
  - What did you do when you felt that way?
  - How did the other person look/feel?
  - How did you feel when you saw they ...?
  - What do you want to say in your card to that person?
- After the card is made, give the child a choice to go with him/her to help with the apology or do it alone.
- As needed, provide quick role play/practice by the child's skill level.

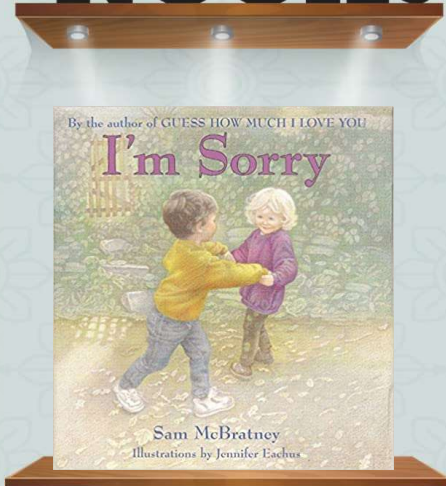
**What Pyramid Model skill or concept is covered?**

Friendship: building empathy  
Emotional Literacy: recognizing & expressing one's feelings.

Video song about apologizing:

[Saying I'm Sorry](https://www.youtube.com/watch?v=P44jq-EgpdQ) by Little Mandy Manners  
<https://www.youtube.com/watch?v=P44jq-EgpdQ>.

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## Expanding the lesson

<b>Name of Activity:</b>	Forgive like the Angry Bee
<b>Supplies needed:</b>	The Angry Bee: A Story about Forgiveness video <a href="https://www.youtube.com/watch?v=-aEUjlxOK-Y">https://www.youtube.com/watch?v=-aEUjlxOK-Y</a> . Pomp poms, stickers or other tangible giveaway items

### Ideas of what to say or do.

After reading the book, discuss how the friends felt while playing together. How did they feel after they yelled at each other? What did they do when their feelings were hurt? How did they make it better? (Apologize/saying sorry will probably be the answer) Discuss when one person apologizes/says sorry, the other person may still be hurt and not ready to forgive. When we don't forgive right away, we are holding onto our anger/hurt feelings, and this may not feel good.

Gather the children in a circle. Give everyone a pompom, sticker or other small tangible item. Ask everyone to wave "Hi" to each other, scratch their ear, and then pass the item to the person on their left. After they complete these tasks, give each child another item, ask them to put it in their hand & close their fist around it as tight as possible. Then repeat waving "Hi", scratching their ear and going through the motions to pass the item but keeping their fists tight around the object.

Explain: "This is what our hearts feel like when we are angry (squeezing tight with our fists). It takes a lot of work, and it makes us so tired! And when we are angry, it's really hard to do anything except be angry! But when we forgive (instruct children to release their hands), we feel calm, and we are free again. We can do the things we would like to do (wiggle your fingers around to demonstrate the freedom of movement), and we can do the things that we enjoy. Now try to give the items to another person."

Watch "The Angry Bee: A Story about Forgiveness" video (note at 4:50- a Bible scripture is visually displayed. Depending upon your setting, you may stop the video at this point)

Discuss the following questions after watching the video: (you can repeat the questions referring to the friends in "I'm Sorry")

Why was the bee angry?

What did the bee do when he was angry?

Was the bee happy while he was angry?

What do you think the bee did after he decided to forgive?

How did the bee feel when he decided to forgive?

Lesson idea from Latter Day Kids at <https://www.latterdaykids.com/post/forgiveness-come-follow-me-sep-9th-15th-2-corinthians-2-5-11>

<b>What Pyramid Model skill or concept is covered?</b>	Emotional Literacy: being able to recognize feelings in oneself & others Empathy: understanding apology & forgiveness Friendship: Playing together, compassion, Emotional Regulation: Handling big emotions productively
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