

STOP AND THINK SOCIAL SKILLS

Apologizing

Knowing how and when to apologize is a very important social skill. Over time, elementary age students become more aware of what is right and wrong, knowledgeable about the consequences of their behavior, and more sensitive to others' thoughts and feelings. Consequently, their ability to apologize for their mistakes, inappropriate behaviors, and bad choices increases. However, many students are embarrassed by having to apologize. Some get anxious or nervous because they don't know what to say or how to behave. Some students are unable to control their angry feelings even though they know they need to apologize. For all these students, apologizing is a skill that takes practice.

Use the Stop and Think language at home with your children to help reinforce the steps of apologizing.

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

1. **Decide** if you need to apologize for something you did.
2. **Walk** up to the person you need to apologize to.
3. **Look** directly into the person's eyes and **say**, "I'm sorry," explaining why you're sorry or describing what you did wrong.
4. **Listen** to the person's response.
5. **Ask** the person if he/she wants to talk about it, or **say**, "Thanks for listening", and walk away.

Step 4: Just do it!

Step 5: Good job!

**Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff