



TODAY'S TOPIC:

Oops to Okay

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What happens when you apologize?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Examples in lesson of ways to apologize and way to accept an apology. • Inexpensive and homemade item. 	<ul style="list-style-type: none"> • Work on “skit” in the lesson. 	<p>Know that taking responsibility and forgiving are important for relationships and can be considered a spiritual practice.</p>

Note: This lesson is inspired by *Big Life Journal*, “Oops to Okay”.

ACTION: Two teachers work together for a little “skit”. Use the crafty object. One teacher talks about making it and the other asks to see it. The second teacher then breaks it while they are checking it out. They immediately say something along the lines of “Oh my gosh! I am so sorry. It was an accident, but I can tell you put some work into this. I feel terrible. Can I help you fix it?”. Whatever words you use, make sure it includes the three parts of a good apology.

ASK: Is it important to say you are sorry? Why?

- Saying you are sorry shows you care about someone. You want to fix it and make your relationship stronger.
- Saying you are sorry is a way to take responsibility for your actions. Taking responsibility makes you feel better and builds trust.
- Saying you are sorry is brave and makes you feel better about yourself.

- Saying sorry makes you strong and shows you are a problem solver.

ASK: Is it easy to say you are sorry? Sometimes we feel bad, scared, or embarrassed. How is it different to say you are sorry and mean it? Do you say you are sorry even if it was an accident? Two things to try when you don't want to apologize: if this happened to me, how would I feel OR I don't want to say the words, but are there ways to make this right?

SAY: There are 3 things to do to say you are sorry and mean it.

- Admit you made a mistake or hurt someone.
- Show you feel bad about it.
- Offer to take action to help make it better.

SHOW: The color page example.

ASK: When an apology feels hard, what are some ways to start an apology?

- Can we talk?
- I need to say...
- I wanted to tell you...

ASK: Are there times you do not have to apologize? Just because someone is upset with you does not mean you have to apologize.

When you are uncomfortable and say "no" because of personal boundaries. Ex: don't touch me.

SAY: The other important part is accepting an apology. Three ways to accept an apology:

- Listen to an apology with your eyes and your ears.
- Apologize too, if you made a mistake or hurt someone.
- Show you are still friends by hugging or high fiving.

SHOW: Color page example.

ASK: What to say to accept an apology.

- That's okay.
- I'm glad we're still friends.
- I'm not mad anymore.

SAY: Accepting an apology can be hard. Sometimes you are really mad or sad about what happened. But here is a secret. Accepting an apology is more about you than the other person. This is called forgiveness, and it is considered a spiritual practice.

AFFIRMATION –I say I am sorry, and I mean it. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

“OOPS” TO “OKAY”

3 steps to **apologize** and mean it

#1. Admit you made a mistake or hurt someone.



#2. Show you feel bad about it.



3 ways to **start** an apology



“OOPS” TO “OKAY”

3 steps to **accept** an apology

#1. Listen to the apology with your eyes and ears.



#2. Apologize too, if you also made a mistake or hurt someone.



#3. Show you're still friends by hugging or high-fiving.



3 ways to say you **forgive** someone



