Mindset, tool set and skill set for a genuine apology!

Guide for teaching and supporting real apologies

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Mindset

▪ An apology can be a powerful piece of restorative practices when it is done authentically.
▪ It requires a growth mindset of “I can own my behavior and improve it every day”
▪ It can not be forced or required by others but instead born of genuine regret
▪ It is NOT the time to justify actions or make excuses for bad behavior!
▪ It does not guarantee forgiveness will be granted, but instead focuses on taking responsibility and working to do better in the future
Choose a frame or guide that is developmentally appropriate for your students

An Elementary example may be a “sentence frame” such as

1. I am sorry that I (describe the mistake)
2. I will try to do better by (describe how you will change)
3. I hope you can forgive me.
Elementary School Tool for thinking through parts of a real apology

- SORRY -

**SORRY frame for an apology**

(click above for video example)
Middle/High School tools from Psychology Today

- **7 Ways to Truly Say You're Sorry**
Practice, practice, practice!!

Create expectations that apologies will be encouraged but not forced and forgiveness will be encouraged but not forced.

Model giving authentic apologies to others whenever possible when your students can see and hear you.

Guide apologies during “morning meetings” or other whole group circle times – use simulations first so students will be ready when a real apology is needed.

Give specific feedback to students when they use their apology skills and tools.