

Being Sorry



twinkl

Guess the Word

Can you guess the word? Here is a clue: it can help sort out an argument.

What Does 'Sorry' Mean?

Talk
About It

Talk to your partner about what you think the word sorry means.

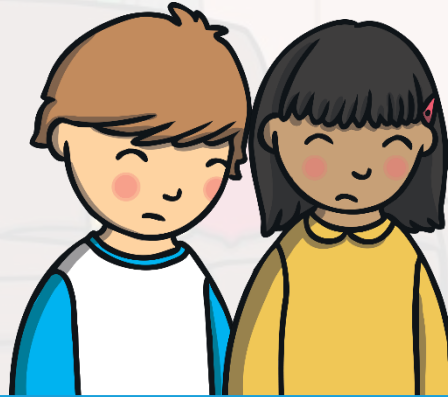
The word sorry can mean a few things:

- Feeling sorry is when you have done something wrong and regret it, so you might say 'I'm sorry I shouted at you.'
- If something bad has happened to someone, you might feel sorry for them. You might say 'I'm sorry you hurt your arm.'

When Have You Said Sorry?

I had to say sorry to my sister when I accidentally dropped her tablet and smashed the screen.

My little brother kept following me around. I got cross and shouted at him. He started to cry. I felt really guilty and said sorry to him.



Talk
About It

Talk about a time you said sorry to someone.

Why Might You Need to Say Sorry?

When you
had an
argument
with
someone.

When you
got angry.

When you
didn't keep
a promise.

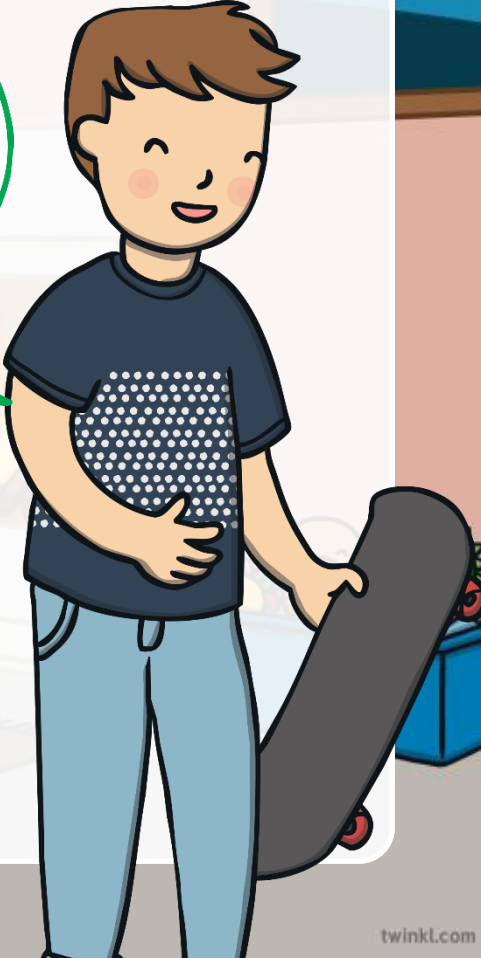
When you
didn't tell
the truth.

When you
were rude
to someone.

When you
left someone
out and
didn't play
with them.

Saying Sorry and Being Sorry

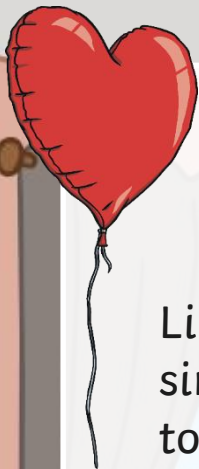
Saying sorry is very important. However, the most important thing is to be sorry.



If you say sorry for doing something but then don't change how you act, then you probably aren't really sorry.



When you really are sorry, you don't just say sorry, you change your behaviour so you don't do it again.



Lily and Lauren

Lily and Lauren were best friends and had been ever since their first day in Reception. They did everything together; they played unicorns at playtime, they sat together in the dinner hall and they often had play dates at each other's houses.

One cold rainy day, when Lily arrived at school, she saw that Lauren's coat peg was empty. "Where is Lauren?" she asked Miss Jones.

"Lauren's mummy phoned to say that she wasn't very well," explained Miss Jones.

Lily felt sad. She'd never been at school without Lauren before. She didn't know who would be her friend.

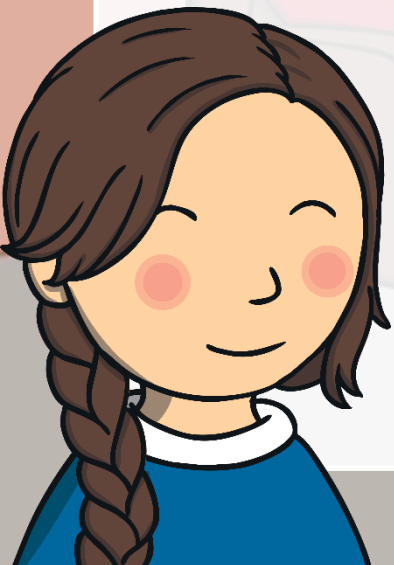


Lily and Lauren

Miss Jones smiled kindly at Lily. "Don't worry Lily, I have an important job for you. We have a new girl starting in our class today. Her name is Jasmine. I'd like you to be her special friend today."

Lily looked across and saw a girl with long brown plaits standing shyly in the corner. Lily felt proud that Miss Jones had given her such an important job.

All that day, Lily and Jasmine played together. At playtime, they played unicorns. They ate yummy fish and chips at lunch time. When home time came around, Lily and Jasmine's mums swapped phone numbers so they could have a play date.



Lily and Lauren

The next day, Lauren was better and back at school. Happily she rushed into the classroom, looking forward to seeing Lily. She saw Lily sat at a table colouring in with another girl.

“Lily, I missed you so much!” she said. “Can I sit next to you and do some colouring in?”

“Sorry, Lauren,” answered Lily, “Jasmine and I are sitting together.”

Lauren sadly walked away.



Lily and Lauren

Lily and Jasmine played together the whole day. Lauren felt very lonely but Lily didn't seem to notice.

During afternoon break, Lily looked up from her game and saw Lauren wandering around the playground on her own. All of a sudden, Lily realised that she hadn't been very kind to Lauren. Lily felt very sorry and knew she had to put things right.



Talk
About It

What could Lily do to show Lauren she is sorry?

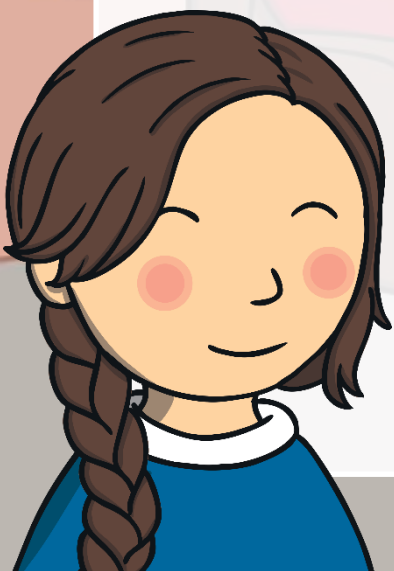


Lily and Lauren

Lily rushed over to Lauren. "I'm really sorry," she said. "I was so excited about having a new friend that I left you out. I didn't mean to be unkind and I'm sorry I upset you."

Lily wrapped her arms around Lauren and hugged her tight. "I'll never leave you out again. Now let's go and play with Jasmine. She's really nice and I know you're going to be good friends."

The two girls walked hand in hand across the playground to Jasmine.



Tips For Being Sorry

Sometimes it is difficult to say sorry. Here are some things you could do if there's someone you need to say sorry to.



Tell the person
you are sorry.

Tell the person you
won't do the wrong
thing again.

Ask the person
to forgive you.

Don't do the
wrong thing
again.

Try to make it up to
the person you have
upset by doing kind
things.



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