

Writing a letter to apologise

This workbook belongs to _____

Look at the pictures below. Pick a picture (it can be more than one) that means **apologising** (saying sorry) to you. Why did you pick that picture?



Asking someone to forgive you



Explaining what happened



Thinking about what you did



Giving someone something like a letter or a present

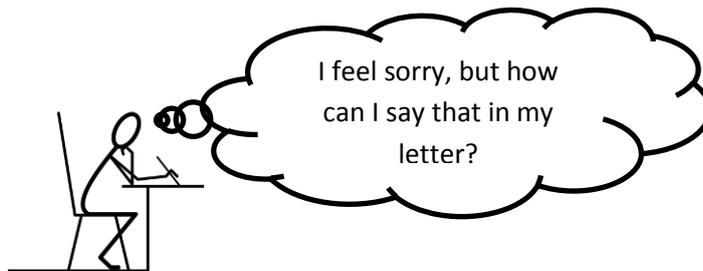


Finding it hard to think about what happened

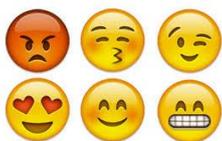


Touching/hugging

Remember, your victim **does not know** what you are thinking or how you are feeling, so you need to tell them in your letter.



Why is it important to **apologise**? Have a look at the options below and circle the ones you agree with.



It helps me to think about my feelings and other people's feelings



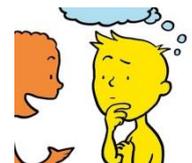
It helps me to explain myself



It helps me to take responsibility

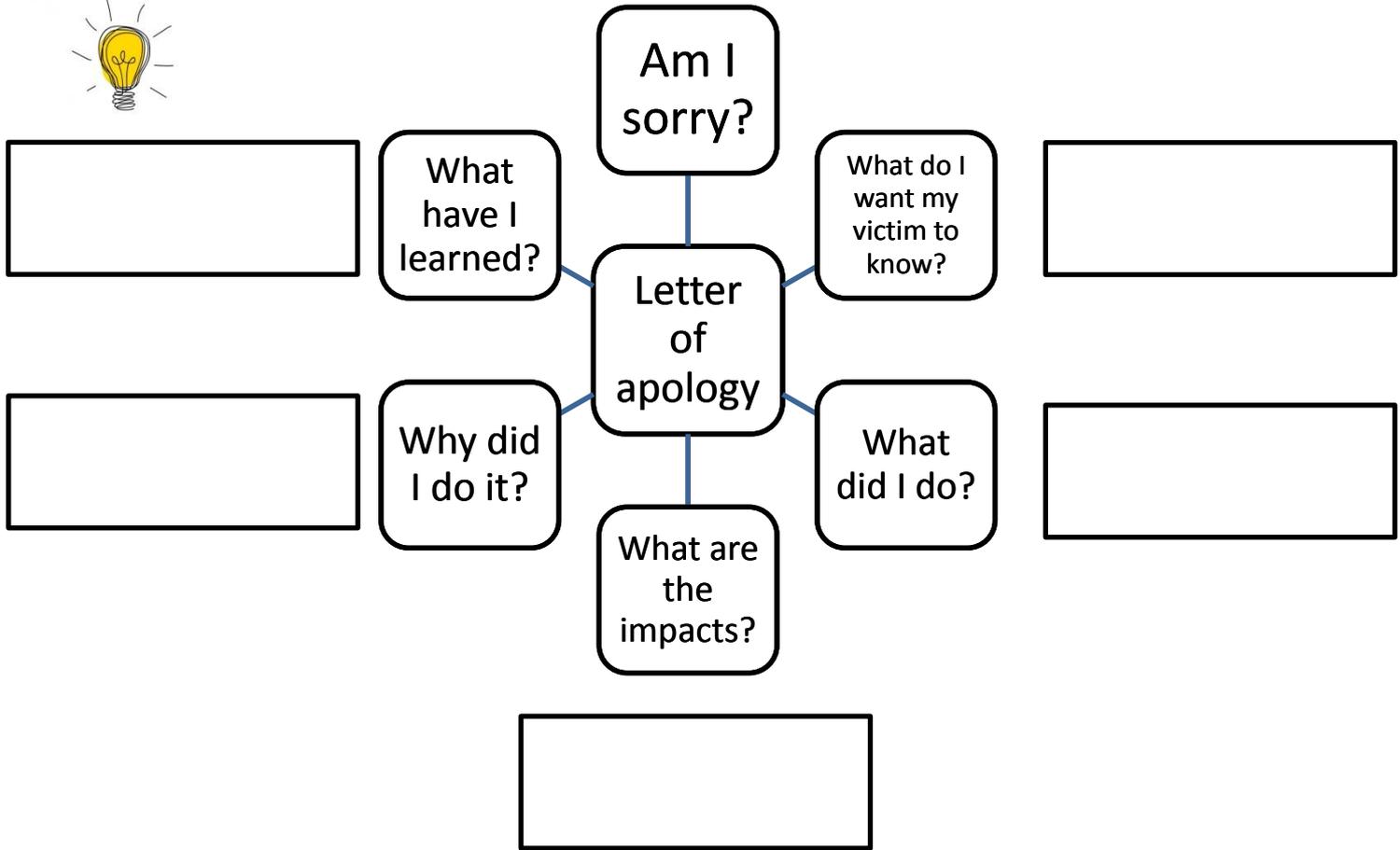


It helps me to repair friendships



It helps me to understand what happened

Now let's brainstorm some **ideas** about your letter of apology. Write some ideas in the boxes below.

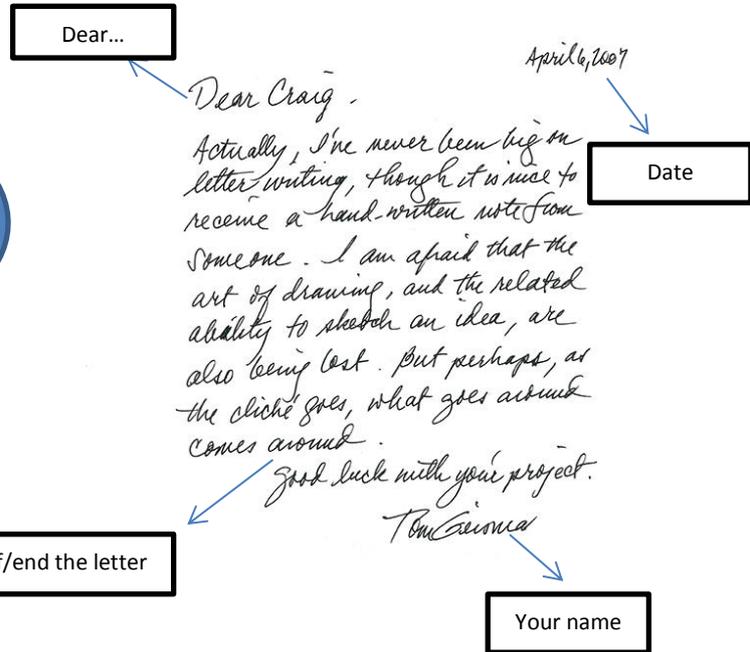


You could use some of these **words** in your letter:



Circle the words you want to use in your letter.

Your **letter** could look something like this:



Some sentences to help get you started:

Dear _____, I am writing to you because _____

I am sorry for _____

I am on _____ order which means I have to _____

I have learnt that _____