

Making Mistakes, & The 4 Step Apology

social story set

Thank you for your purchase!

This set of three social stories is designed to help students who have a hard time when they make a mistake and need to apologize.

This set includes:

When I Make A Mistake - teaches kids that making a bad choice or losing our temper is part of being human. It shows them how to move past these moments.

The 4 Step Apology - this visual chart is color-coded and can be enlarged to make a poster for your home or classroom.


All stories have a positive, calm, tone. There is a balance of descriptive sentences so students will learn that it is normal to mess up and that we can move on by saying I am Sorry.

Introduce the social story with a picture book or short YouTube clip that shows somebody saying I am Sorry. Choose the book or movie clip that would be age-appropriate and matches your student's interests.

Read and review the social story each day for 5-8 days. Print it and put it in a folder the student can access. Send a copy home.

Parents and students really enjoy having one social story folder at home and one at school. All students benefit from social stories. Thank you for using them in your teaching!



am sorry ...	 Look at their face  Use a clear, calm voice
For...	 Describe what you did wrong
I will ...	 Tell how you will make things better. "In the future, I will..."
Will you forgive me?	 Look at their face

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When I Make a Mistake



Sometimes I make a mistake or make a choice that wasn't so good.
Sometimes that mistake causes a problem for myself and other people.
It happens. It is part of being a human.

We might have yelled or let ourselves get too upset.
We might have done something we regret.



After that moment, it doesn't feel so good.
We feel pretty bad about it.
Not just because maybe we got into some trouble.
But it feels bad when our big feelings made others feel bad.







The thing is, we love our people a lot.
We have big hearts and big feelings.
We have really incredible brains and ideas.
But sometimes, we get overwhelmed
and we have an out-of-control moment.



It is going to be okay. I can move on. This is how.

- | | | |
|-----------------------|--------------------------------|---|
| <u>Step 1:</u> | I use my Calming Plan. | As soon as my big feelings happen, I can help myself get regulated. I take a moment, take a deep breath, and take a break until I'm cool. |
| <u>Step 2:</u> | Talk to my safe person. | Depending on the situation, my safe person is the adult who can help me with the problem. If I caused a problem, I need to apologize. |
| <u>Step 3:</u> | Big Problems → Apology | Steps to an apology: <ol style="list-style-type: none">1. Approach the person calmly. Make eye contact.2. Say , "I am sorry for _____".3. Tell them what will happen differently next time. |
| <u>Step 4:</u> | Try again. | I can rejoin the group and try again.
The best thing to do is forgive myself and move on!
As a human, I am always learning. I will try again. |

The 4-Step Apology

1. Apologize	I am sorry ...	 Look at their face  Use a clear, calm voice
2. Take Responsibility	For...	 Describe what you did wrong
3. Fix the Problem	I will ...	 Tell how you will make things better. “In the future, I will...”
4. Ask for Forgiveness	Will you forgive me?	 Look at their face  Say, “Okay”.

My Calm Down Plan for When I'm Home

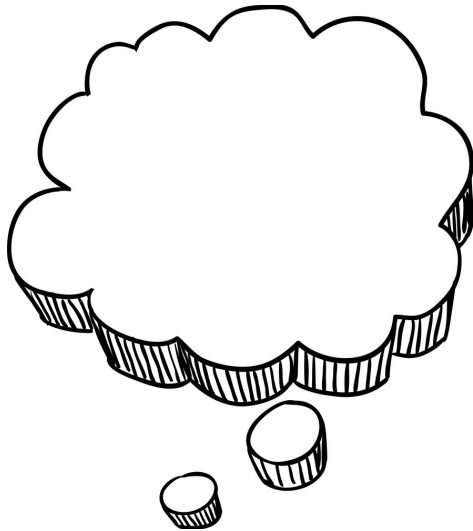
Where I go:



What I do:

1. Deep breaths
2. _____
3. _____

My Self-Talk:



I know I'm ready to try again when:



My heart feels calm.
My breathing is calm.
My thoughts are calm.

I have a plan to rejoin the group.

My Calm Down Plan for When I'm Out

Where I go:

Say "I need a break".



Find a quiet place to sit down.

What I do:

1. Deep breaths
2. _____
3. _____

My Self-Talk:



I know I'm ready to try again when:



My heart feels calm.
My breathing is calm.
My thoughts are calm.

I have a plan to rejoin the group.

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