

# HUMILITY



**Start  
With  
Sorry**

Week 1

## The Power of Humility

### Inspire

Humility is knowing that we all have strengths and weaknesses—and being willing to learn, listen, and say “I’m sorry” when needed. Humility isn’t about thinking less of yourself; it’s about being open to growth, admitting your mistakes, and appreciating others. When you show humility, you create space for stronger relationships and more meaningful apologies.

This week, focus on small moments of humility in your home. Notice when family members admit to being wrong, apologise, or ask for help. These acts make your family kinder, closer, and more resilient.

### Discussion: Humble Charades

#### How to Play:

- Prepare slips of paper with everyday scenarios demonstrating humility (examples below).
- Each person takes turns acting out a scenario silently while the rest of the family guesses what is happening.
- After each round, discuss:
  - What makes the action humble?
  - Why is it sometimes hard to do?
  - How does humility help us start with sorry?

#### Example scenarios for charades:

- Admitting you forgot to do a chore.
- Asking someone to show you how to do something you don’t know.
- Apologising for interrupting.
- Saying “I don’t understand—can you explain?”
- Accepting help after making a mistake.

*This game highlights that showing humility is brave, useful, and often even fun!*

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## Journaling

Choose one or more to deepen the lesson:

- **DRAW:** Draw two people—one helping or teaching the other, and the learner saying “thank you” or “I’m sorry.”
- **DO:** Think of something you’d like to get better at, then ask someone in your family for help or advice. Show humility by listening closely and thanking them.
- **WRITE:** Write about a time when you made a mistake and admitted it. What happened? How did others react? Would things have been different if you hadn’t shown humility?

## Gentle Action

To build humility in your family:

- **Humble Compliment Chain:** At dinner or family time, take turns sharing something you learned from someone else that day or admitting to a small mistake and what it taught you.
- **Challenge:** Once this week, practice saying, “I was wrong, I’m sorry,” or “Can you help me?” and see how it feels to be humble and open.

### Remember:

**Humility is the heart of “Start With Sorry.” When you’re honest about mistakes and open to learning from others, it becomes easier to repair, reconnect, and grow together. Every act of humility makes your family stronger, wiser, and more forgiving—one sincere “sorry” at a time!**