

HUMILITY



**Start
With
Sorry**

Week 2

Humble Hearts at Home

Empower

This week, let's focus on humility: the willingness to admit when you're wrong, ask for help, and recognise the strengths and needs of those closest to you. Humility is the quiet courage to say "I'm sorry" first, to let others shine, and to realise you don't have all the answers. It's the key to true repair, trust, and stronger family bonds.

Humility in your home looks like:

- Owning your mistakes, big or small
- Saying "I'm sorry" without excuses
- Truly listening when someone shares their perspective
- Valuing others' abilities and being willing to receive help

This week, notice where you can put humility into practice—forgiving quickly, apologising genuinely, and letting others know you appreciate them.

Discussion: The “Oops & Ouch” Balloon Toss

Materials: 1 balloon (or any soft ball)

How to Play:

1. Everyone sits or stands in a circle.
2. One person tosses the balloon to another and gives a quick, made-up “oops” scenario (e.g., “Oops! I forgot to feed the dog!” or “Oops! I borrowed your shirt without asking!”).
3. The person who catches the balloon responds by modelling a humble apology (“I’m really sorry, I’ll do better!”) or a humble response (“Thanks for telling me. Next time, please ask first.”)
4. After each round, discuss:
 - What made the apology or response feel humble or not?
 - How would it feel if nobody admitted their mistake?
 - How does humility make it easier to forgive—or be forgiven?
5. Keep the balloon moving so everyone has several turns!

Bonus: Let family members make up silly or realistic “oops” moments for extra fun and practice.

HUMILITY



**Start
With
Sorry**

Start With Reflection

Pick one or more:

- **DRAW:** Draw a “before and after” scene: before humility (everyone upset, problems ignored), and after humility (apologies given, people smiling).
- **DO:** Secretly do someone’s least favorite chore, or thank a family member for a skill or talent you admire in them.
- **WRITE:** Who in your home do you want to be more humble around? What can you do differently to show more humility in your words and actions?

Gentle Action

Humility grows through curiosity and honest connection:

- Learn something new about each family member this week—ask about their favourite memory, a hidden talent, or how they solved a problem you never knew about.
- Once a day, practice saying “You were right, I was wrong” or “Thank you for helping me”—and notice how it feels.

Reflection tip: At the end of the week, journal about how humility changed the mood or relationships in your home.

Remember:

Humility isn’t weakness—it’s the gateway to connection, learning, and true reconciliation. Every time you start with sorry, you practice one of life’s greatest strengths. The more humble hearts your home has, the more joyful and united your family will become.