

RESPONSIBILITY



**Start
With
Sorry**

Week 1

Start With Sorry: Responsibility Home Lesson

Empower

It's easy to notice mistakes and responsibilities outside the home, but genuine accountability and repair start in our own family spaces. Every person—young or old—sometimes slips up or lets a responsibility slide. What matters most is noticing that moment, taking ownership, and having the courage to “start with sorry.” When we take responsibility for our actions at home—like apologising for forgetting a chore or making amends after an argument—we build trust, respect, and a sense of belonging. This week, let's discover places where we can grow in both responsibility and apology, making our home environment even stronger and kinder.

Discussion: Repair Round Table

How to Play:

1. Form a circle with your family. Choose someone to sit in the “Repair Seat” (start with the youngest if you like).
2. The person in the Repair Seat reflects:
 - “What's one responsibility I sometimes miss or a recent mistake I made at home?”
 - “Have I apologised or made it right?”
3. Family members gently share:
 - “How does it feel when that responsibility is missed or after a mistake? What changes when someone apologises and makes amends?”
4. After sharing, the person in the Repair Seat can practice a quick apology (“I'm sorry I forgot to feed the pet. I'll make it up by helping extra today!”) and family members have the chance to offer forgiveness and support.
5. Rotate until everyone has had a turn in the Repair Seat.

Emphasise:

- This is a safe space—mistakes are normal and repair makes us stronger.
- Apology isn't about blame or shame, but stepping up and making things right



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Journaling

Choose one or more:

- **Draw:** For each of these actions, draw a heart if you would start with sorry when you make a mistake, and an arrow for how you would repair or make it right:
 - Forgot to set the table
 - Raised your voice at a family member
 - Didn't finish your chore
 - Accidentally broke something
 - Forgot to say "thank you" for help
- **Do:** Choose something you missed or a small mistake, apologise to anyone affected, and take an action to fix it.
- **Write:**
 - "How do you feel when someone at home apologises to you?"
 - "Why can it be hard to admit mistakes? Does it help to know everyone makes them sometimes?"
 - "Describe a time you repaired a mistake at home. How did it feel for you and others?"

Gentle Action

- Real kindness is fixing what needs fixing! Try this extra challenge: Look for an area in your home or routine that needs "repair." Did someone forget a responsibility or has something been left undone for a while?
- Take the lead: apologise if needed, take action to make it right (even if it wasn't your job), or ask how you can help restore things.
- Notice the impact your repair and apology have on your home's feeling of trust and teamwork.

Remember:

Taking responsibility and starting with sorry doesn't make us less—it makes us more trustworthy, respected, and close as a family. Every time we repair, we strengthen the whole team!

