

# Preschool & Kindergarten Lesson Plan

## RESPECT

### Overview

**Core Concept:** Apologising is a way to show care, responsibility, and respect.

### **Learning Objectives:**

- Children understand what it means to apologise.
- Children practice how and when to say “I’m sorry.”
- Children learn how apology helps fix mistakes and repair relationships.

### **Lesson Sequence (for a 1-week or multi-day unit, with simple extension activities)**

#### **1. Introduction—What is an Apology?**

**Circle Time Story:** Read a short book or tell a simple story where a character makes a mistake and says sorry. (E.g., use puppets or characters children know.)

**Discussion:** “What does it mean to say sorry? When do we say sorry?”

**Teacher script:** “Saying sorry means you know you made a mistake, and you want to make it right.”

#### **2. Why Do We Say Sorry?**

**Visuals/Sorting Game:** Show pictures of behaviours (e.g., bumping, grabbing vs. sharing, helping). Children sort actions into “Needs a Sorry” and “No Sorry Needed.”

**Prompt:** “Which actions might make someone feel sad or hurt?”

**Group Reflection:** “How do you feel when someone says sorry to you?”

#### **3. The Apology Steps**

Introduce Steps (with poster or hand signs):

Say what happened (“I took your crayon.”)

Say sorry (“I’m sorry.”)

Ask how to help/make it right (“Can I help you get another?”)

Chant it together: Use repetition and rhythm to help children remember.

#### **4. Apology Role-Play**

**Scenario practice:** In pairs or small groups, role-play simple situations (e.g., knocking over a block tower, interrupting).

**Coach with gentle prompts:** “What could we say to fix this?”

**Celebrate attempts:** Applaud effort and courage in apologising.



## 5. Feelings Change With Sorry

- **Feelings Faces Activity:** Show feeling faces before and after someone apologizes (“How did you feel when someone broke your toy? How do you feel after they say sorry and help fix it?”)
- **Draw or act it out:** Children draw pictures or use puppets to show feelings changing with an apology.

## 6. Our Apology Promise

- **Group Creation:** Make a class pledge (“We promise to say sorry when we make a mistake and try to make it right.”)
- **Decorate and Display:** Children draw or add thumbprints around the promise poster.

## 7. Home Connection

- **Send-Home Page:** Invite families to talk about a time someone in the family apologised and how it made things better.
- **“Our Family Apology Challenge”:** Try saying sorry and making it right at home this week; bring back a story or picture to share.

## 8. Celebration and Reflection

- **Circle Share:** “Did anyone have a chance to say sorry this week? How did it feel?”
- **Certificate:** Give each child a “Sorry Star” badge or certificate for practicing apology.
- **Optional:** Start a “Chain of Repair”—each time a child apologizes, add a link to a classroom paper chain and watch it grow.

## Supporting Resources (ready-to-print templates)

- **Poster Template:** “The Three Steps to a Sorry” (visual aid for classroom wall)
- **Feelings Faces Cards:** Printable faces expressing sad, happy, relieved
- **Role-Play Scripts:** Short apology scenarios for children to act out
- **Home Challenge Sheet:** With checkboxes and space for family notes or pictures
- **Certificate Template:** “Peace Maker Award!”
- **Sing** the ‘sorry’ song to the tune of row Row, Row, Row Your Boat and Twinkle Twinkle Little Star.

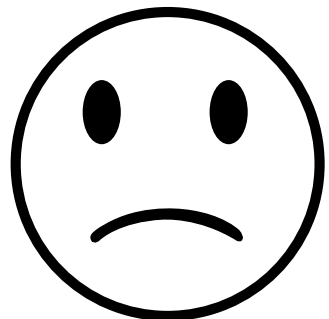
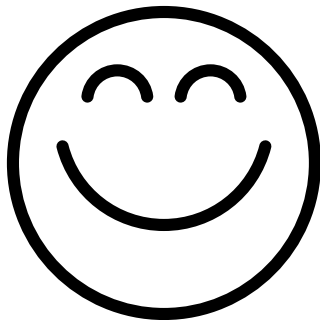
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**1.Say what happened  
("I took your crayon.")**

**2.Say sorry ("I'm  
sorry.")**

**3. Ask how to  
help/make it right  
("Can I help you get  
another?")**

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# Role-Play Script

## Characters:

Alex (child who makes a mistake)

Sam (child who is affected)

Teacher

## Scene: Building Blocks

(Alex and Sam are happily building a tall tower together.)

**Alex:** (accidentally knocks over part of the tower while grabbing a block)

Uh-oh! (looks at Sam)

**Sam:** (looks upset, hugs self)

Hey! You knocked down the blocks.

**Alex:** (thinks, then remembers the apology steps)

I'm sorry, Sam. I grabbed the block too fast and knocked over your tower.

Can I help you build it again?

**Sam:** (smiles, nods)

Yes, please!

**Teacher:** (joins, smiling)

Great job, Alex, saying sorry and helping. And thank you, Sam, for forgiving.

(Alex and Sam work together to rebuild the tower.)

## All together:


When we say sorry and make it right, we feel better!

This script helps children practice recognising a mistake, saying sorry, and repairing the situation—all core steps of “Start With Sorry.”

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## Start With Sorry – Home Challenge Sheet

Helping little hearts learn to say “I’m sorry” and make things right.


 Do your best each day! When you try something on the list, check the box. At the end of the week, draw or write what made you proud!

### **THIS WEEK I WILL TRY TO...**


- ☐ Say “I’m sorry” when I hurt someone’s feelings
- ☐ Use gentle hands and kind words with my family
- ☐ Help clean up a mess (even if I didn’t make it)
- ☐ Ask, “How can I help?” when someone looks sad
- ☐ Say, “Let’s try again” after an argument or mistake
- ☐ Tell someone, “I love you” after we made up
- ☐ Say, “That was my fault” instead of blaming
- ☐ Give a hug, high five, or smile after saying sorry


### **DRAW A PICTURE!**

Can you draw a picture of when you made something better with a kind word or an apology?

 (Use this space below or on the back!)

### **FAMILY NOTES**

 Write something special your child did this week to show responsibility or kindness:

 Optional: Tape or glue a photo here of a sweet repair moment, drawing, or proud family smile!

### **End of Week Reflection (for Parents & Kids)**

Ask your child:

What was hard about saying “I’m sorry”?

What helped you feel better after?

What does love feel like after we fix things?

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Sing to the tune of Twinkle Twinkle Little Star



Sorry, sorry, means I care,  
Shows I'm kind and that I'm fair.  
If I hurt you, big or small,  
Saying sorry helps us all.  
Friends can laugh and play all day,  
When kind words help lead the way.



Sing to the tune of Row, Row, Row Your Boat



Say, say, say I'm sorry,  
Kind and true and clear,  
Helps a friend feel better fast,  
Brings us close and near.

Oops, I made mistake,  
That's okay, you see—  
Saying sorry from my heart  
Helps both you and me!





# THE PEACE MAKER AWARD

THE FOLLOWING AWARD IS GIVEN TO

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for outstanding performance in apologising when it mattered!  
Always showing respect and kindness towards others.



\_\_\_\_\_  
PRINCIPAL



\_\_\_\_\_  
TEACHER