

Lesson 28



Area: Apologize

Title: **Write It Down, Tear It Up**

Objective: Students will reflect on and identify past actions that hurt someone.

Materials: “Write It Down, Tear It Up” Wheel Sheet
Writing Utensils
Trash Can

- Activity:**
1. Have students reflect back on their actions and interactions for the past month.
 2. Students will write all of the things they are sorry for on the “Wheel Sheet” stress to students that their responses are private and anonymous. There are no responses to big or small. Give examples if necessary; picking on a sibling, gossiping, cheating...)
 3. Have students identify one part of the wheel to make an “action plan” on.
 4. Once student is finished, they will go to the trash can and tear their papers into small bits and dispose of them.

Closure: Ask the following questions:

1. “Was it hard to fill in the wheel?”
2. “Did your feelings about each event change as you wrote them down? As you destroyed them?”
3. “How would you feel if you were to now apologize to someone for one of these events?”
4. “What might happen if you did?”



Write It Down, Tear It Up Wheel Sheet

Directions: In the blank spaces of the following wheel, write down things you are sorry for. For use with the lesson “Write It Down, Tear It Up”.

I'M
SORRY