



## **Make an Apology Pot**

Everybody makes mistakes. That's why it's important to learn how to apologize, take responsibility and make amends. Teaching kids these important lessons is a lot more fun when you create an apology pot.

### **Here's How**

It's important to express remorse and apologize when kids – and adults - have done something that may have hurt another person. An apology pot makes it easier.

You'll need these supplies: 1 clay pot, half of a styrofoam ball, hot-glue gun, a bag of lollipops, string or yarn, scraps of paper, hole-puncher, pen or pencil.

Use the hot-glue gun to affix the styrofoam ball flat-side up into the pot. Punch holes in the paper scraps and cut up small lengths of yarn or string. Put these next to the pot along with the lollipops. When someone at your house needs to apologize for a mistake, they write down their apology, tie the paper onto a lollipop, and stick it into the pot.

Once a week gather as a family and read the apologies together. If an apology is offered to you – you get to eat the lollipop! Tip: Be sure adults are putting plenty of lollipops into the pot, so kids recognize that everybody does things they wish they hadn't.

The first time you launch this activity, explain that everybody does things they wish they hadn't. And that's OK, as long as they are accountable for their actions and take responsibility.

Fixing mistakes is called making amends. The easiest way to make amends is to say, "I'm sorry." This should be a sincere attempt to let someone know how badly you feel about hurting them.

It's important to note that those words don't mean anything if the person who apologizes doesn't mean them and plan to stop doing what caused the harm. Ask your kids to brainstorm about some ways to fix a mistake. Other ways to make amends can be things like giving your sister your ball since you threw hers on the roof, or cleaning up the mess when you broke a dish.

At WINGS we teach kids these steps to follow when making amends:

- Explain what you did. Be honest!
- You might have hurt someone else. Think about that.
- Solve the problem – find the best way.
- Try not to do it again.