

**Session Topic:** Social Skills / Interactions (I Like to Be Understood – Activity 2)

**Developmental Level:** Elementary School

**Purpose:** To allow children the chance to reflect on the needs of others; to introduce children to the idea of anticipating the needs of others; to familiarize children with the words used to apologize; to teach children ways to ask for help.

**Materials Needed:** Book : I'm Like You, You're Like Me by Cindy Gainer, Home Handout Page "10 Ways to Say 'I'm Sorry' " from A Leader's Guide to I'm Like You, You're Like Me by Cindy Gainer, p.54 – one copy or (optional) copy for each child to take home, Paper ,Markers

**Description of Session:** Read p. 29-30 of book to group members. Tell the children, "I'm going to tell you a story. Please listen carefully and try hard to imagine how the people might be feeling." Tell this story:

*A group of children is eating lunch together. They're eating macaroni and cheese, corn, and peaches. They also have a carton of milk. While one child is opening his carton of milk, another child walks by and accidentally bumps him. The milk spills all over. The other children begin to laugh. One says, "Look! You have milk all over your lap!"*

Ask the group, "What could the person who bumped the boy say to let him know it was an accident?" Write the children's suggestion on the paper. Use the Home Handout "10 Ways to Say 'I'm Sorry'" for some ideas. Invite volunteers to tell the group about times they've done something they were sorry about. Ask the discussion questions below.

Possible follow-up:

1. Talk about when people need help. Show the children pictures from magazines or books that illustrate parents helping children, doctors helping sick people, workers helping one another, and children helping others. Ask, "How can we tell when someone needs help? How can a person who needs help ask for it?"
2. Copy the Home Handout for this lesson to send home to children's families. Encourage the children to tell their families what they're learning about understanding people's feelings.

**Discussion Questions:**

1. What did you say? What did you do?
2. What else could you have said and done to show you were sorry?
3. How do you think the other person would feel then?
4. When you apologize, what do you want the other person to say? (Examples could be, "I know you didn't mean it.", "That's okay.", and "I know you won't do it again.")

**Reference:** A Leader's Guide to I'm Like You, You're Like Me by Cindy Gainer, p.51-54