

I'm Sorry + How Can I Help?

This lesson helps students recognize respectful and disrespectful behavior with regard to places and things. Students work together to talk about how something like a mess or leaving something broken can be a sign of disrespect and how it can be fixed and respect restored.

Respect Sub-Concept(s)

Self-care, Kindness

Lesson Timeframe

25-30 minutes

Required Materials

- ❑ “I’m Sorry, How Can I Help”
Worksheet (see below)

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Review the term respect.
- Identify respectful and disrespectful behavior.
- Articulate respectful solutions to problems.

Teacher Connection/Self-Care

Look for ways to show respect for the school community today. Pick up garbage, shut off a light in an empty room etc. Set the tone for students!

Tips for Diverse Learners

- Not all students may have siblings as the scenario in the “Share” section indicates; invite them to pretend they have a sibling if they are only-children, or you can alter the scenario to include a friend, parent, or guardian.



Share

2-3 minutes

Ask: If you were to go home after school today and discover that one of your siblings has made a terrible mess in your room, how would you feel? *Invite student responses.*

Hopefully students identify that they feel disrespected or that their things were not treated with kindness and respect.



Inspire

5-7 minutes

Ask: Now, let's say you get home and you see your sibling who has just made the mess. What would you expect them to do?

Invite student response.

Likely many will say that they expect an apology but some may expect their sibling to help clean up the mess.

Expand: You might say to students, *"So, what I am hearing is that an, 'I'm sorry' is a good start, but that you also expect them to help make the situation right. They could begin with, 'I'm sorry,' but follow it up with, 'How can I help make this better?'"*

Remind students that it is important to remember that we show respect not only for ourselves and others, but also for things and for places. When we have shown disrespect or disregard for things or places, we need to work to make it right again.



Empower

7-10 minutes

Put students in small groups of 3 or 4 (or work as a whole class if preferred).

Hand out "I'm Sorry, How Can I Help?" worksheet which depicts situations where disrespect is being shown for things and places. Each group should look at one picture (more than one group may end up looking at the same picture, and that is ok), and answer or draw a response to the question under the picture. Essentially, students need to identify how disrespect is being shown and what they could do to make it right again.



Reflect

7-10 minutes

Invite each group to state how they would fix the situation they examined.
Follow-up questions for each picture:

- **Image 1:** How many of you have seen garbage in our lakes, rivers, and streams? Have you taken the time to clean them up?
- **Image 2:** How many of your bedrooms look like this one? Have you ever thought of a messy bedroom as a sign of disrespect?
- **Image 3:** When you see litter outside, what do you do? What are some ways we can take better care of our local parks and playgrounds?
- **Image 4:** Have any of you accidentally broken something before? How did you fix the situation and show respect both for the broken object and the owner?

Remind students that it is always a good idea to say “I’m sorry” when they show disrespect to someone; it is also important to also ask “How can I help” to make the situation right again. Sometimes actions speak louder than words!



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

I'm Sorry, How Can I Help? Worksheet

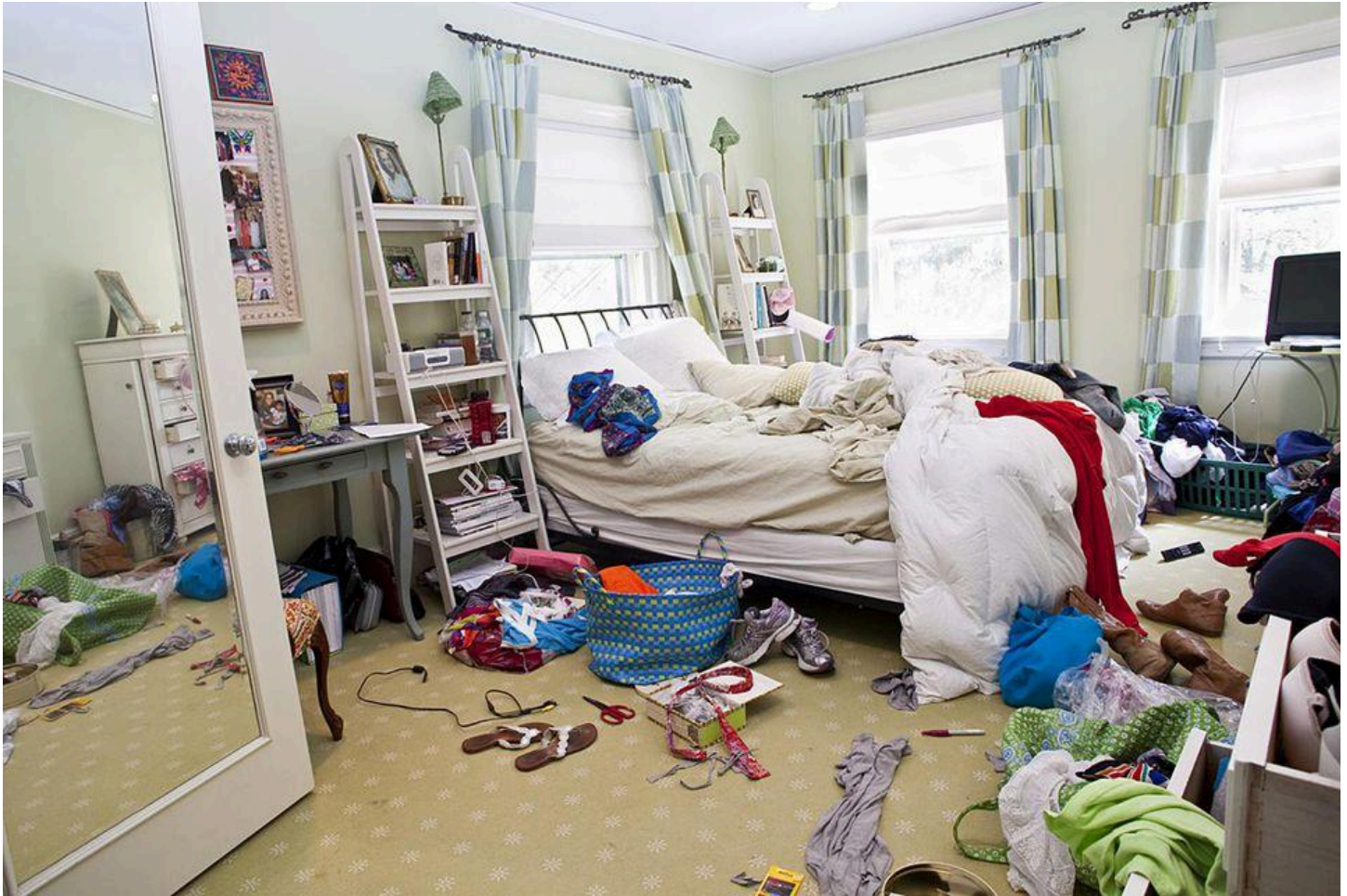
That is a lot of garbage! How does this picture show disrespect for the ocean?



Source: <https://pixabay.com/illustrations/pollution-garbage-degradation-1603644/>

Write out (or draw) how someone might help fix this problem and show respect for the ocean.

This is a very messy bedroom! How does it show disrespect for this space and these things - and even the people who have to live here?



(Source: <https://www.thespruce.com/clean-bedroom-quickly-1900094>)

Write or draw what you could do to show more respect for this bedroom.

Uh-oh! What is the problem here and how does it show disrespect?



(Source: <https://pixabay.com/en/garbage-can-garbage-pollution-waste-1260832/>)

Write or draw what should be done to show respect to this public park area.

Oops! This is an image of a boy with a baseball and baseball bat by a window that he accidentally broke with the ball.



(Source: <http://www.aggsons.com/Pages/BrokenWindows.aspx>)

Accidents happen! But, you can't break something and then sneak away. Write or draw what you think this boy should do to show respect, even if he did not mean to break the window?