



Apologize and Accept Apologies

Autism & ABA Therapy Social Skills

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Activity Title:

"Sorry and Forgive: Understanding Apologies"

Objective:

To teach the child with autism the importance of apologizing when they have done something wrong and accepting apologies from others graciously.

Materials Needed:

- Apology Scenario Cards: Cards with simple scenarios where an apology might be needed (e.g., accidentally breaking a toy, interrupting someone).
- Role-play Props: Items relevant to the scenarios (such as a toy, book, etc.).
- Emotion Faces Chart: A chart displaying different emotions to help the child understand how actions affect feelings.

Activity Setup:

Create Apology Scenario Cards:

- Write or print different scenarios that might occur in everyday life where an apology would be appropriate.

Gather Role-play Props:

- Collect simple items that can be used to act out the scenarios.

Activity Steps with Examples:

Discussing the Concept of Apologies:

- Begin by explaining what it means to apologize: "Saying sorry means you understand you did something that might have hurt someone, and you feel bad about it. It's also important to accept an apology when someone says sorry to us."

Role-Playing with Apology Scenario Cards:

- Show an Apology Scenario Card.
- Example Scenario 1: "You accidentally knocked over your friend's juice."
- Act out the scenario with the child and guide them to say, "I'm sorry for knocking over your juice."

Understanding Emotions Involved:

- Use the Emotion Faces Chart to discuss how actions can make others feel.
- Example: "How do you think your friend felt when their juice was spilled? How can saying sorry help?"

Practicing Accepting Apologies:

- Role-play another scenario where the child is the one receiving an apology.
- Example Scenario 2: "A classmate bumps into you and says sorry."
- Practice saying, "It's okay, I forgive you," and discuss the importance of accepting apologies graciously.

Reflecting on Apologies:

- After the role-plays, talk about how apologizing and forgiving can make everyone feel better.
- Ask, "How do you feel when you say sorry? How does it feel when someone accepts your apology?"

Skills Targeted:

- Expressing Regret: Learning to say sorry and mean it.
- Recognizing Emotions: Understanding how actions affect others' feelings.
- Empathy Development: Developing empathy by considering others' perspectives.
- Social Communication: Practicing verbal expressions of apology and forgiveness.