

APOLOGY CARDS

Apology cards are a great way to start a draft and practice your spoken or written apology. While they are not meant to “stand alone,” or be used in the place of a formal apology, this activity can be completed as practice. You can use it together with your child(ren), they can use it on their own, and adults can use these cards, too. Just print out the cards as a template and you’re ready to take accountability!



APOLOGY CARD

Who are you apologizing to:

What action/words are you apologizing for (be specific):

How do you think your actions might have made this person feel:

Why do you want to apologize:

What can you do better next time:

How would you like to move forward in this relationship: