

My Daily Helper

Pink Bunny & Friends

Saying Sorry and Making It Better



**A Social Story About
Taking Responsibility and Repairing Harm**

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An Accident Happens



I may accidentally damage something, interrupt, or hurt someone's feelings.

Ask Together

What could you do during this step?



I Notice the Effect



I look at what happened and notice how the other person may feel.

Ask Together

What could you do during this step?





I calm my body so I can respond honestly.

Ask Together

What could help with this feeling?



I Say What Happened



I explain my action without blaming someone else.

Ask Together

What words, pictures, or gestures could you use?



I Offer an Apology



I can say I am sorry for the specific action. The other person does not have to forgive immediately.

Ask Together

What could you do during this step?



I Ask What Might Help



I ask whether I can help repair, replace, clean, or try again.

Ask Together

What words, pictures, or gestures could you use?



I Make a Repair



I follow through on a reasonable repair with support if needed.

Ask Together

What could you do during this step?



I Give Space if Needed



The person may need time or distance. I respect that boundary.

Ask Together

What could you do during this step?



I Practice a Safer Choice



I think about what I can do differently next time.

Ask Together

What could you do during this step?





An apology matters most when I take responsibility and change my actions.

Ask Together

What part of this story are you proud of?

