

# I'm Sorry + How Can I Help?

This lesson helps students recognize respectful and disrespectful behavior with regard to places and things. As in Lesson #3, they observe images that depict where disrespect is being shown for a place or a thing, and, relationally, to a person/group who is negatively impacted. Students work together to talk about how the mess or brokenness is 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

Respect for others combines a myriad of social skills and compromise with individuals that may or may not feel natural to us. Take time out of your day to mentally prepare for difficult situations. Choose to approach each situation with a positive outlook, focusing on cooperation and collaboration. Your approach to difficult situations will ultimately influence every student (and adult!) you encounter.

## Tips for Diverse Learners

- People may respond differently to the images (a messy room, for example, may not resonate as disrespect) - cultural background may impact perception. Help students work through the images as presented or select new images that resonate more fully with students. The examples provided attempt to display situations that could happen at school, at home, in nature, or in relationship with other people (accidentally breaking someone else’s window).
- Modify the group work if small groups are ineffective for your students.
- Provide specific presentation tips if students struggle with talking in front of other students.



## Share

2-3 minutes

*In the last lesson, we examined an image of Philadelphia Eagles fans after the Eagles won the Super Bowl. In that picture, do you remember what the fans were doing?*

They were carrying a street light pole that fans had torn down.

*Yes, they had torn down this light pole and were carrying it around. They also tipped over cars, lit fires, and even climbed up onto an awning over a hotel entrance and stood up there until it collapsed! Clearly, they were not treating these things with respect. Instead, they destroyed things that did not belong to them and created more work (and expense!) for other people.*



## Inspire

5-7 minutes

*I want you to think about an item that is really important to you. Take a minute to decide what your most important item is.*

*How would you respond if your brother or sister or pet or parent lost or broke that thing? How would you feel?*

Invite student responses.

*What would you expect them to do about the problem?*

Invite student response. Likely many will say that they expect an apology but some may expect the other person to fix or replace the damaged item.

*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. So, we should lead with, "I'm sorry" but follow it up with, "How can I help make this better?"*

*It is important to remember that we show respect not only for ourselves and others, but also for things and for places. When something or some place has been disrespected, we need to work to make it right again.*



## Empower

7-10 minutes

*You are going to work in small groups to examine some situations where disrespect is being displayed for things and places. Someone has disrespected a thing or place and it won't be enough to simply say, "I'm sorry" to fix it. What are some things that could be done to help make the situation better and restore a sense of respect to the thing or place in the situation?*

Break students into groups [or have students work individually or as a whole class, if that is preferred] and work through the three situations in the "I'm Sorry, How Can I Help?" worksheet.



## Reflect

7-10 minutes

*Ok! Let's talk about these pictures and your responses!*

Invite group representatives to speak or project each image on the smartboard and go through the follow-up questions below; still invite group responses for how to fix each situation. Follow-up questions for each picture:

- Image 1: How many of you have seen messes in our lunchroom/cafeteria? Have you take the time to clean them up? If you have seen other students making a mess, do you encourage them to stop?
- 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 environments?
- 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 person to whom the object belonged?



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AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

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/>

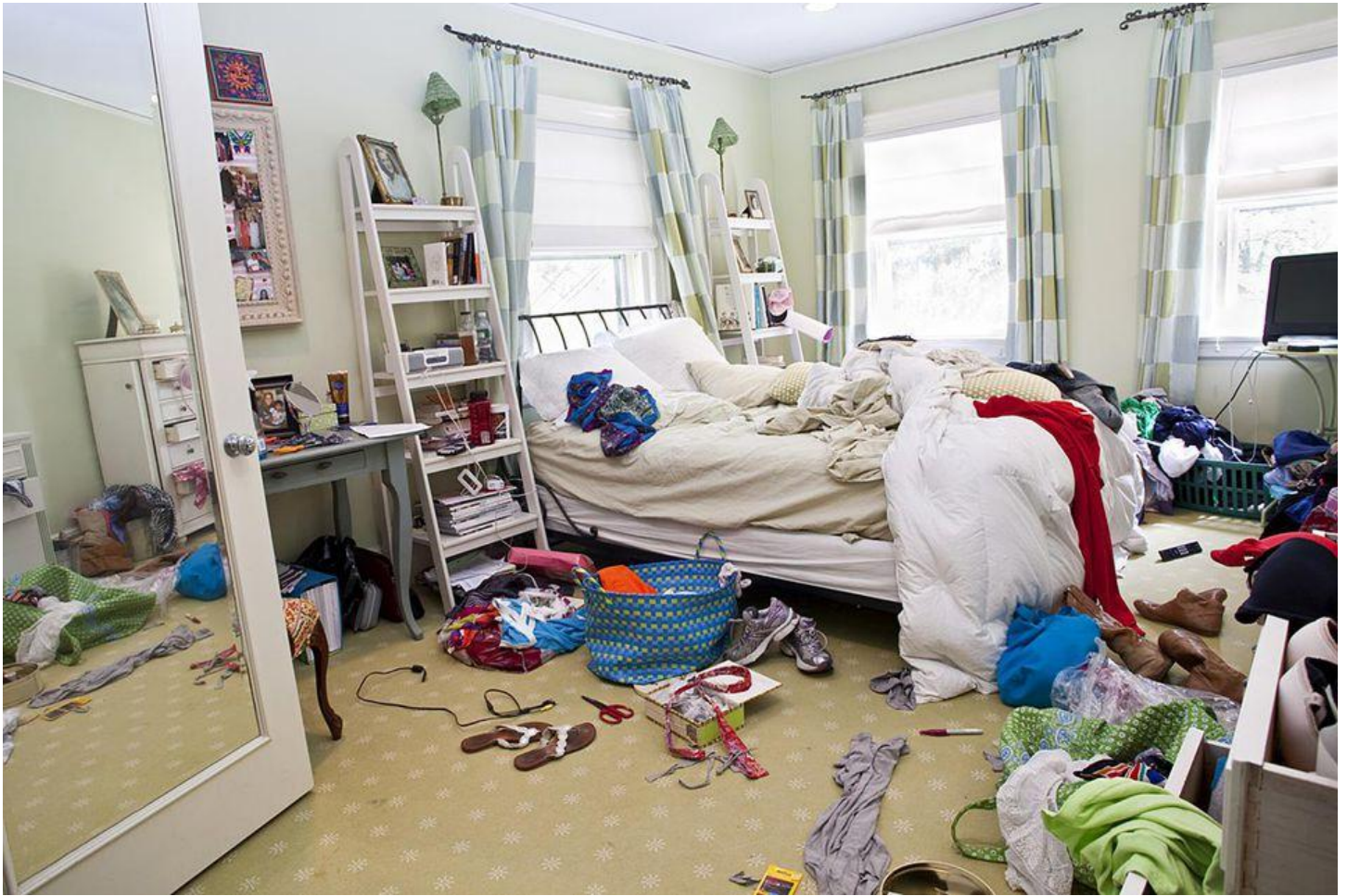
## I'm Sorry, How Can I Help? Worksheet

Each situation shows disrespect in some way. Decide what disrespect is being shown, whom it impacts, and how you could help in this situation.



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

This image shows pollution emptying into the ocean. How is disrespect being shown and who does it impact? How could an order of respect be restored to this place?



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

This is an image of a messy bedroom. How is disrespect being shown and who does it impact? How could an order of respect be restored to this place?



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

This is an image of an overflowing garbage can in a public park. How is disrespect being shown and who does it impact? How could an order of respect be restored to this place?



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

This is an image of a boy with a baseball and baseball bat by a window that he accidentally broke with the ball. How is disrespect being shown and who does it impact? How could an order of respect be restored to this place?