



LET'S MAKE UP

TEACHER'S GUIDE



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Introduction

This program features scenarios that provide ideas to help students learn about conflict and model the skills involved in identifying and resolving conflicts peacefully. The program encourages students to think of different and appropriate ways to solve their problems and differences with others without using violence. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes. Get-Along-Monsters is an entertaining and engaging children's DVD series designed to teach children, grades K-4, important skills necessary for successful social interaction and emotional management. Each episode combines humorous, animated segments and age-appropriate, live-action scenarios to demonstrate easy-to-understand skills.

Learning Objectives

- Admit when you're wrong
- Learn to say you're sorry
- Learn to ask for forgiveness
- Holding a grudge hurts relationships
- Sorry is an action



Program Summary

APOLOGIZE WHEN YOU'RE WRONG

Even though they're good friends, Andrew gets angry with Tony because Tony took a video game from Andrew's desk without asking. To make things worse, Tony can't find the game and doesn't know what to say or do. When he finds the game, he gives it back to Andrew and apologizes.

DON'T HOLD A GRUDGE

When Jen accidentally breaks Ellen's porcelain doll, even though Jen apologizes, Ellen is angry and mean. She refused to accept Jen's apology. Ellen learns that holding a grudge can keep everyone involved from being happy.

IT TAKES TWO TO MAKE UP

Kelsey moves her brother Jon's block project from the table. It falls and breaks. Jon is very angry. Name-calling ensues. After a while, they both apologize and learn that it takes two to make up.



Send-Home Letter

Dear Family Member:

Your child has seen a program called, “Let’s Make Up.” This program features scenarios that provide ideas to your child learn about conflict and model the skills involved in identifying and resolving conflicts peacefully. The program encourages students to think of different and appropriate ways to solve their problems and differences with others without using violence.

Through the fictionalized stories of four young children, this program has the following learning objectives:

- Admit when you’re wrong
- Learn to say you’re sorry
- Learn to ask for forgiveness
- Holding a grudge hurts relationships
- Sorry is an action

Talk with your child about what he or she learned from the program. Discuss if they have been in an argument or conflict at school. Ask your children what they would do if they had a fight with someone. Talk about ways to deal with conflict that aligns with your family’s values.



Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in young students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: No putdowns, ridicule or sarcasm. Everyone may speak without interruption. Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussions can be very rich.



Questions for Discussion

1. When you have a disagreement with a friend, how do you make up?
2. How do you think Andrew felt when he realized he had lost the game?
3. How come Toni didn't want to talk to Andrew?
4. Why do you think Ellen wouldn't accept Jen's apology right away?
5. Why did Ellen finally change her mind and forgive Jen? What would you have done?
6. Explain why it takes two people to really make up.



Handout #1

Read the sentences below. If you agree, color the thumbs up sign. If you disagree, color the thumbs down sign.

1. Saying "I'm sorry" is a good way to begin an apology.



2. It's okay to hold a grudge forever because it hurts the other person.



3. When you accept an apology from a friend, you both can begin to feel better.



4. When you make a real apology, it's important to say what you did and why it was wrong.



5. Problems aren't always solved by saying "I'm sorry."





Handout #2

Read each sentence. Draw a picture or write a sentence to tell what you would do in the situation.

Randy thought he was being funny when he let the air out of Jon's bicycle tires. When Jon rides his bike, the wheels get bent out of shape and it ruins the bike.

Patty is angry at her friend Kate for not inviting her to a sleepover. Patty won't accept Kate's apology.

Best friends, Nancy and Amy, are mad at each other because of a misunderstanding. They refuse to talk to each other.



Handout #3

Apologizing and accepting an apology can cause many kinds of feelings. Draw a face that matches the emotion written below.

Happy

Calm

Relieved

Anxious



Handout #4

Journal Entry

Draw a picture and write a sentence about a time when you and a friend were angry at each other. Then, draw a picture of both of you making up. How did it make you feel?



Script: **LET'S MAKE UP**

HOST

When you have a disagreement with a friend, how do you make up?

Well, saying you're sorry or admitting when you've done something wrong is the quickest and easiest way to for friends to make up.

We're going to talk about making and accepting apologies. When you and someone you know have a disagreement or an accident happens, you'll be able to say, "Let's Make Up."

APOLOGIZE WHEN YOU'RE WRONG

HOST

Andrew and TONI were friends. They walked to school together and were even in the same class. One day though, TONI was sick and didn't go to school.

HOST

And it just so happened that the class was having indoor recess. Andrew brought his game player...but he forgot his games. He was really disappointed until he remembered that TONI had some games in his desk. So Andrew went to TONI's desk and found one of TONI's games and put it in his game player. The name of the game was Monster Mash.

HOST

When Andrew got home, he changed games, leaving TONI's Monster Mash game on the sofa. He forgot about it. The next day, in school, TONI looked for his game and couldn't find it anywhere. He asked Andrew if he had seen it.

TONI

Andrew? Do you know where Monster Mash is?



ANDREW

Kind of.

TONI

What do you mean?

ANDREW

I used it yesterday.

TONI

You just took it out of my desk without asking?

ANDREW

Well. Yeah.

TONI

Where is it?

ANDREW

I'm not sure.

TONI

You lost it?

HOST

TONI was really mad at Andrew. He had taken his game without permission, and now he didn't know where it was. Taking something without asking is wrong.

HOST

TONI didn't talk to Andrew at all the rest of the day. They didn't even walk home from school together. TONI was angry and Andrew was sad and mad at himself. He knew what he had done was wrong, but he wasn't sure what to say or what to do.



HOST

On the way home Andrew thought about it. The game had to be at his house. When he got home, he would look for it.

HOST

He looked through his games, but he didn't find it. Then he remembered that he last played the game on his sofa.

HOST

At first he couldn't find it. But he looked even harder and found the game buried in the sofa cushions. Now he and TONI could make up.

HOST

At school the next day, Andrew saw TONI in the hall. TONI was still angry.

ANDREW

Hey TONI.

TONI

What do you want?

ANDREW

Here. I found your Monster Mash.

TONI

Thanks.

ANDREW

And I wanted to say I'm sorry. I shouldn't have taken it out of your desk without asking, first. I'm really sorry.

TONI

Okay.



HOST

So Andrew apologized and TONI accepted his apology. Andrew learned that when you do something wrong it's important to apologize and say you're sorry. That's one way to make up with a friend.

DON'T HOLD A GRUDGE

HOST

It's natural for friends to get upset with each other... but that doesn't mean you can't make up. That's what Jen and KAREN learned.

HOST

Jen, ELLEN and KAREN were very good friends. They liked to do lots of things together. One day, they were all playing at ELLEN's house. ELLEN had a large doll collection. Every once in a while, ELLEN would take the dolls off the shelf and brush their hair. The girls were having fun.

HOST

Jen ELLEN was finished with one of the dolls, she went to put it back on the shelf... As she reached up, the doll fell out of her hands and fell to the ground and the porcelain face of the doll cracked. (or arm or leg falls off)

ELLEN

You ruined my doll. How could you be so stupid?

JEN

It slipped out of my hand. I'm sorry.

ELLEN

Sorry? What does sorry do?

JEN

It was an accident. I'm really, really, really sorry.



ELLEN

So am I. I'm sorry you're here.

ELLEN

Good. Go home.

KAREN

I'm going go, too. I don't ever want to talk to you again.

JEN

I'm really sorry.

HOST

Even though Jen tried to make by saying she was sorry, ELLEN wouldn't talk to Jen. ELLEN refused to accept Jen's apology. That's called "holding a grudge." ELLEN is holding a grudge against Jen. ELLEN won't accept Jen's apology.

HOST

The problem with holding a grudge, is that it's never over. When you hold a grudge, it stays with you---and whatever made you mad, just keeps getting worse.

HOST

By not talking, the person you're angry with never gets the chance to get your forgiveness. Holding a grudge can keep everyone involved from being happy. Including you.

HOST

So, after a while, ELLEN learned she had to accept Jen's apology. She let go of the grudge. Jen felt much better and so did ELLEN. The doll was still broken, but their friendship was back together.



IT TAKES TWO TO MAKE UP

HOST

We've seen why it's important to say your sorry, accept an apology and not hold a grudge. In some situations some both people have to say they're sorry. That's what JON and KELSEY learned.

JON

Are you almost done?

KELSEY

A few more minutes.

HOST

Like every brother and sister they had their little spats, but most of the time they got along pretty well.

HOST

Then one day, JON was building a new block game he got for his birthday. The directions were long...and difficult. Block after block. Piece after piece, he carefully put together. It took him almost 3 hours to put together. He then decided to go out to play and left his (spaceship) on the table.

HOST

A couple of hours later, it was time for dinner and it was KELSEY's turn to set the table. She went to move JON's spaceship, when all of a sudden, the pieces came undone and it smashed on the floor.

JON

What did you do?

KELSEY

I was setting the table and I had to move...



JON

You're such a jerk. Why do you always have to touch my stuff?!

KELSEY

It was an accident.

JON

Don't touch my stuff, jerk.

KELSEY

I'm trying to help.

JON

Jerk.

KELSEY

Stop calling me names. You're the jerk.

HOST

JON and KELSEY were really mad at each other. JON was mad because the space ship he built was ruined. KELSEY's mad because he called her names. They didn't talk to each other the rest of the day.

HOST

The next day, JON and KELSEY were doing their chores. KELSEY was cleaning out the dishwasher. JON was getting the garbage.

KELSEY

Ouch! Ouch!

JON

What happened?



KELSEY

I cut my finger. It's bleeding.

JON

It's not that deep...stay here, I'll get a bandage.

JON goes to bathroom, grabs bandage and ointment. Comes back and fixes KELSEY's cut.

KELSEY

Thanks for helping.

JON

No problem.

KELSEY

You know I'm really sorry for breaking your space ship.

JON

Yeah, and I'm sorry I called you names. I know it was an accident.

There. You'll be okay.

KELSEY

Thanks.

HOST

It takes two to really make up. It's important to apologize and to accept apologies, too. Teach older children that a true apology always needs to include a description of the wrongdoing, an explanation as to why it was wrong and a request for forgiveness. For instance:

"I'm sorry I took money from your wallet. I should have asked first and respected your property. I hope you will forgive me."



A kid forgets friend's football

A kid accidentally pushes another out of the way

A kid squirts juice all over a friend

HOST

They could have all become big problems. But they didn't.

You know why? Two little words:

GROUP OF KIDS

I'm sorry.

END