

FAMILY DISCUSSION GUIDE

MAKING UP AFTER A FIGHT

Teaching Kids to Repair a Friendship

The goal:

The friendship,
not the fight.

THE THREE-PART APOLOGY



WHAT I DID
Name what happened.



I AM SORRY
Say you're sorry and mean it.



WHAT I WILL DO NOW
Make it better and do things differently.

We can hurt each other...
and still find our way back.



TRY THIS TOGETHER

Practice the three-part apology when everyone is calm so it's ready when feelings run high.

LET'S TALK TOGETHER

1

WHAT HAPPENED?

What was the problem?
What did each of you do?



2

HOW DID YOU FEEL?

What feelings did everyone have during and after?



3

WHO GOT HURT?

How did your friend feel?
How did your actions affect them?



4

WHAT CAN WE DO DIFFERENTLY NEXT TIME?

What will you try next time a problem comes up?



5

HOW CAN WE REBUILD?

What is one kind thing you can do to rebuild trust?



PARENT TIP

Help your child understand the hurt, take responsibility, and make it right. Guided repair builds stronger, more resilient friendships.



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Understanding minds.



Strengthening connections.