



Repair and Restart

For an ordinary, small mistake. Pause first. No one is required to share, apologise or forgive.

If anyone is unsafe, frightened or hurt, speak to a trusted adult. This worksheet is not a way to handle abuse or serious harm.

What happened?

Describe actions without insulting or labelling anyone.

What might the other person need?

If you do not know, a trusted adult may help you ask. Respect someone's wish for space.



A small next step

Choose a safe, welcome next step. Another person does not have to accept it or reply.

What could be repaired or changed?

- ☐ Put back a safe item
- ☐ Ask before helping
- ☐ Use more careful words
- ☐ Give the person space

Words I might choose

Write your own words, draw, or leave blank.

A change I can try next time

This is an everyday reflection, not religious forgiveness teaching, therapy or proof that a problem is resolved.