Social Story

Saying Sorry

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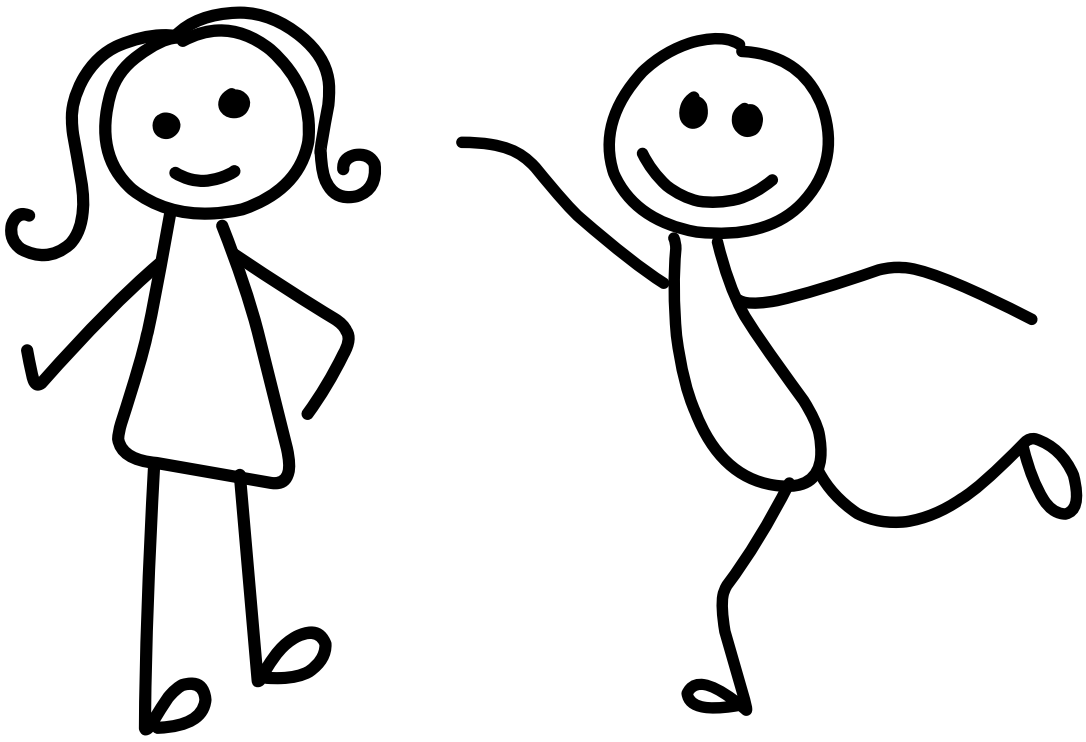
Social Story

I am learning to say sorry.



Sometimes I do something that hurts someone or makes them feel sad.

I might bump into them, take something, or say something unkind.

I might not mean to hurt them.
But they might still feel upset.

When that happens, I can say, “I’m sorry.”

Saying sorry helps people feel better.

It shows I care and want to be kind.

Even if I feel shy or embarrassed,
I can still say sorry.

I can look at the person or speak in a quiet voice.

Sometimes people say, “It’s okay.”
Sometimes they still feel upset.

That is okay too. I still did the right thing
by saying sorry.

I am learning how to say sorry and fix things.

Saying sorry helps me be a kind and caring person.

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social stories

for children and adults with autism and learning difficulties.

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