

How To Apologize

YOUTH PRACTICE LIVE #22



ZEN TRIVIA

Answer me these questions three!



1. Why is it important to apologize?



- A. So you won't get in trouble**
- B. Because your parents or other adults told you to**
- C. So you won't feel guilty**
- D. To help the other person feel better**
- E. To mend your connection with the other person**



Hmmm . . .

2. Do other animals besides humans apologize?



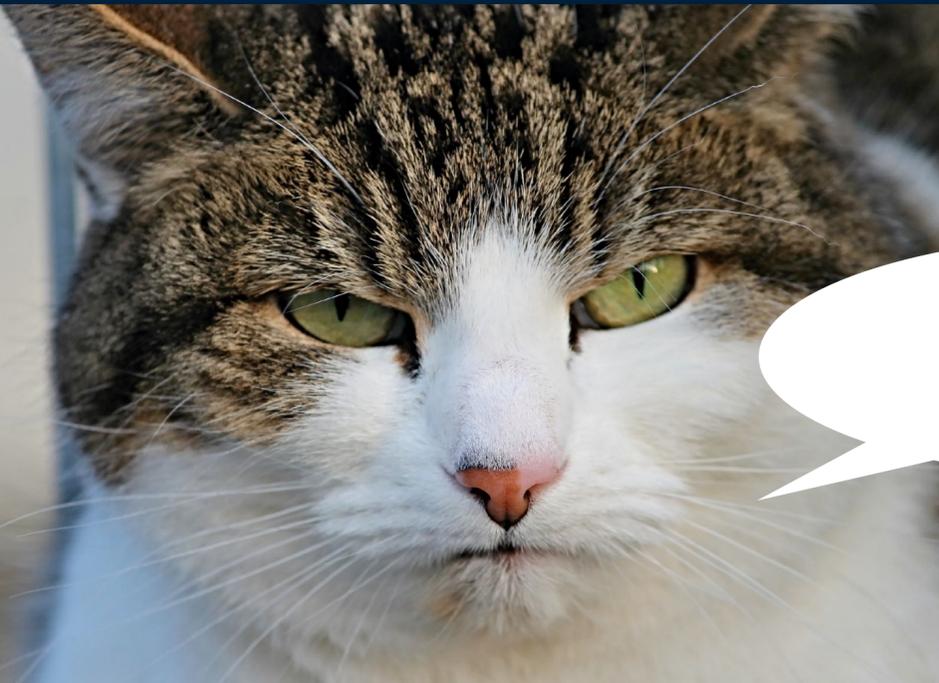
Hmmm . . .

YES.

**(If you live with a dog,
you've probably seen
this look . . .)**

I am soooo
sorry I ate your shoe and peed on
your bed and chased the cat

Yes, but does
he mean it?

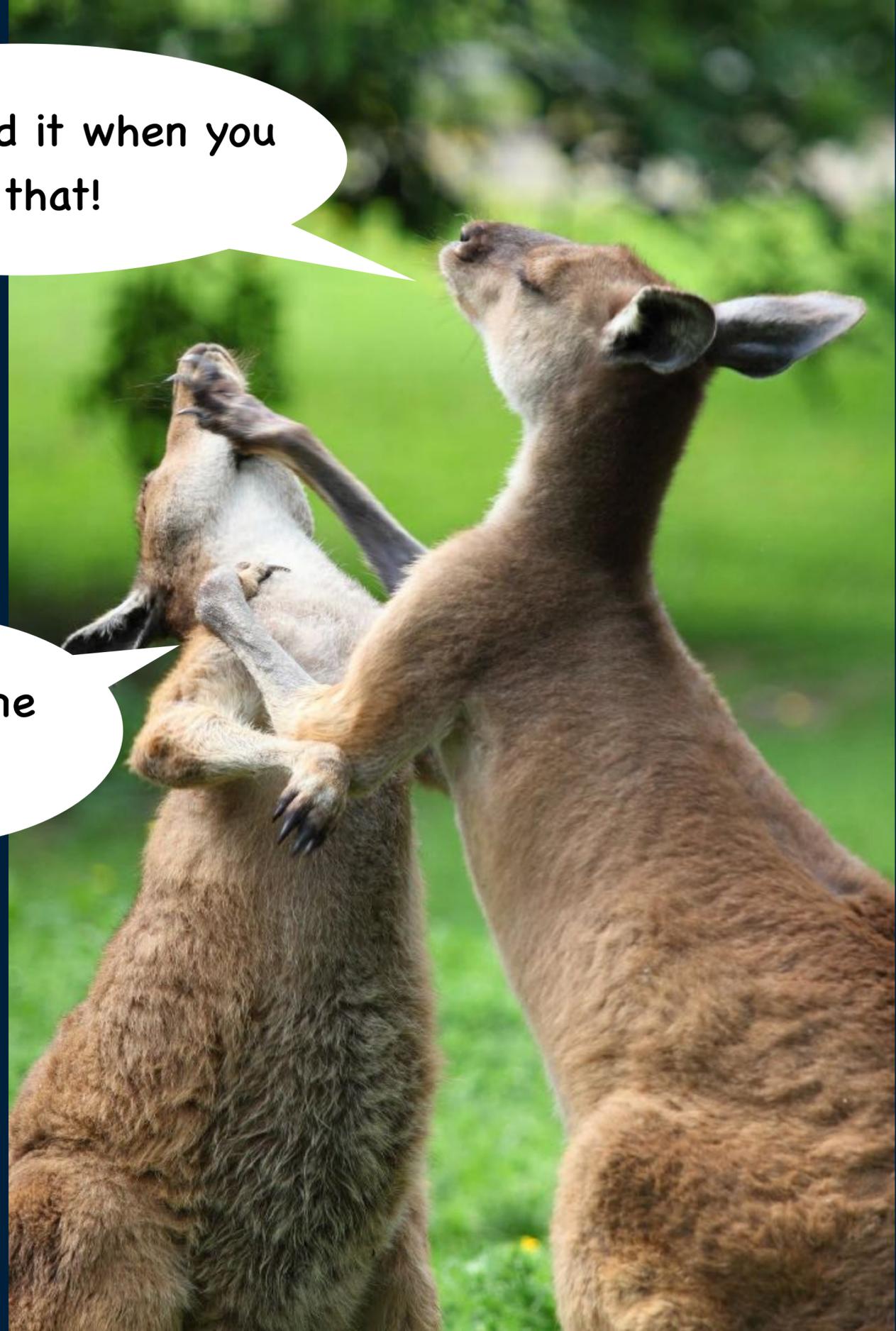


While other animals probably don't say "I'm sorry", many other creatures that live in social groups seem to have patterns of reconciliation after a fight.

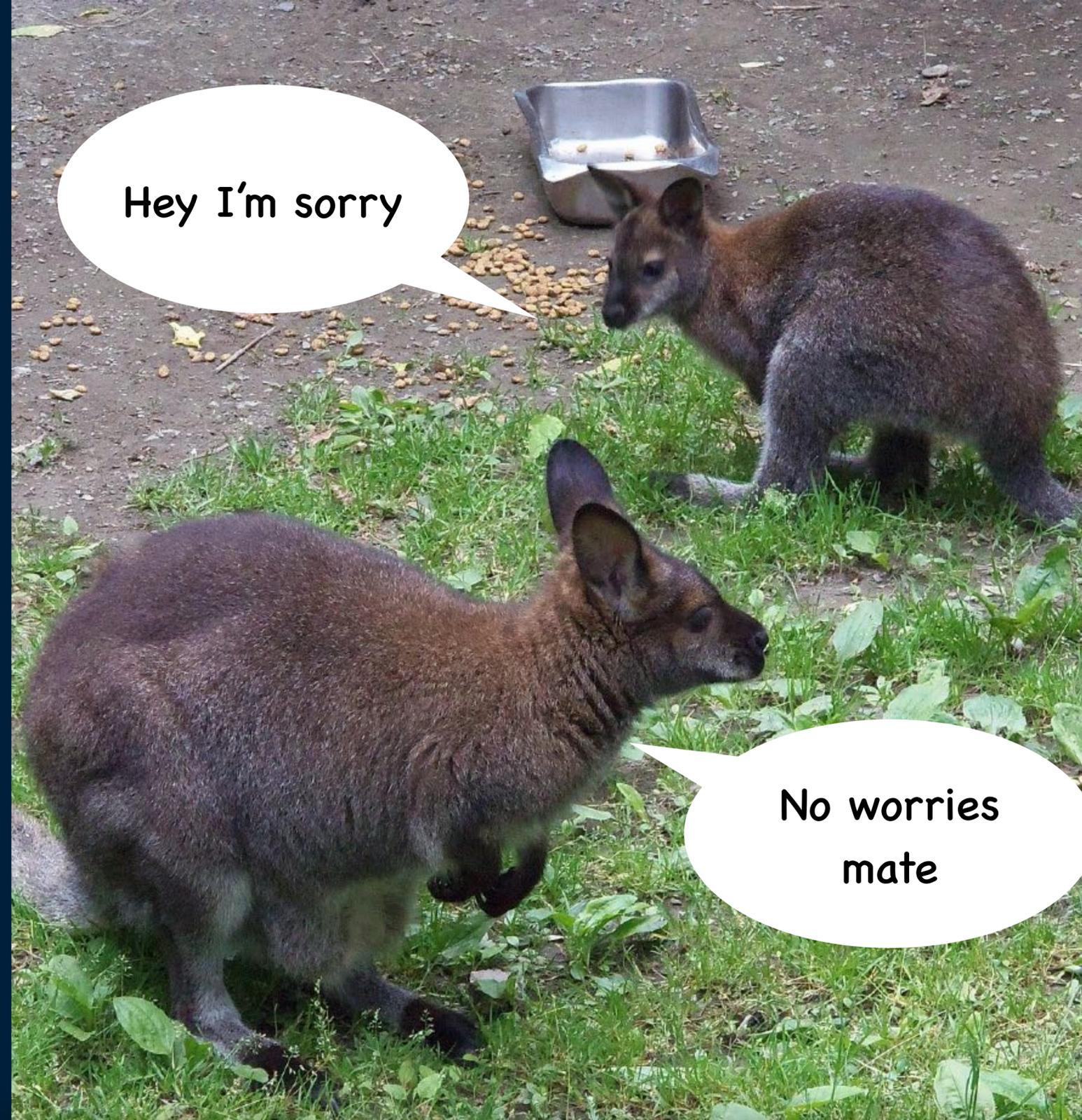
[reconciliation means to restore friendly relations after a fight]

I can't stand it when you do that!

Wait let me explain



Researchers noticed that wallabies would typically reconcile within a couple of minutes after a conflict, and would show a lot less anxiety after the relationship was repaired.



Dude. I'm sorry I called you a chicken. That was so wrong.

“Ornithologists have observed that crows, members of the incredibly intelligent corvid bird family, will kiss and make up after fighting with fellow flockmates. The birds are also more inclined to forgive and seek forgiveness from their close pals than from passing chums.”

I totally forgive you



GAME: FIX THE APOLOGY

Even though apologizing is important, for some reason, apologizing can sometimes seem really hard, for humans.

Even though adults often make kids apologize, it can be just as hard for adults as it is for kids.



GAME: FIX THE APOLOGY

For this reason, there are lots of times when people of all ages apologize but it ends up feeling even worse than before the apology.

See if you can tell the difference between the “broken apologies” and the good ones.



GAME: FIX THE APOLOGY

I'm sorry I ate all the bananas. But you should have known I can't help myself. And besides, you know you should get up earlier in the morning.

Hmmm . . .



GAME: FIX THE APOLOGY

I'm sorry . . .
but I accidentally re-
sized the cat.

I like this.
No apology
needed.



GAME: FIX THE APOLOGY

I'm sorry you're too sensitive
and can't take a joke.



I'm sorry you're a
jerk.



GAME:
THICH NHAT HANH,
BUDDHA,
or PEMA CHÖDRÖN?

SIDDHĀRTHA GAUTAMA
religious leader and teacher in ancient India,
popularly known as the Buddha

THICH NHAT HANH
Vietnamese Zen Buddhist
monk, poet, and peace activist

PEMA CHÖDRÖN
American Tibetan Buddhist
Nun, Author, and Mother.



WHO SAID:

“The ability to apologize sincerely and express regret for the unskillful things we say or do is an art. A true apology can relieve a great deal of suffering in the other person.”

SIDDHĀRTHA GAUTAMA

religious leader and teacher in ancient India,
popularly known as the Buddha

THICH NHAT HANH

Vietnamese Zen Buddhist
monk, poet, and peace activist

PEMA CHÖDRÖN

American Tibetan Buddhist
Nun, Author, and Mother.



A portrait of Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, poet, and peace activist. He is shown from the chest up, wearing a traditional brown robe and a large, light-colored conical hat. He has a shaved head and a serene expression, looking slightly to the right. The background is a bright blue sky with scattered white clouds. A semi-transparent dark blue box is overlaid on the left side of the image, containing his name and a brief description.

Thich Nhat Hanh

Vietnamese Zen Buddhist monk,
poet, and peace activist



He Also Said:

““If we want to reconcile with our family or with friends who have hurt us, we have to take care of ourselves first. If we’re not capable of listening to ourselves, how can we listen to another person?”

If we don’t know how to recognize our own suffering, it won’t be possible to bring peace and harmony into our relationships.”

Thich Nhat Hanh, *Reconciliation:
Healing the Inner Child*



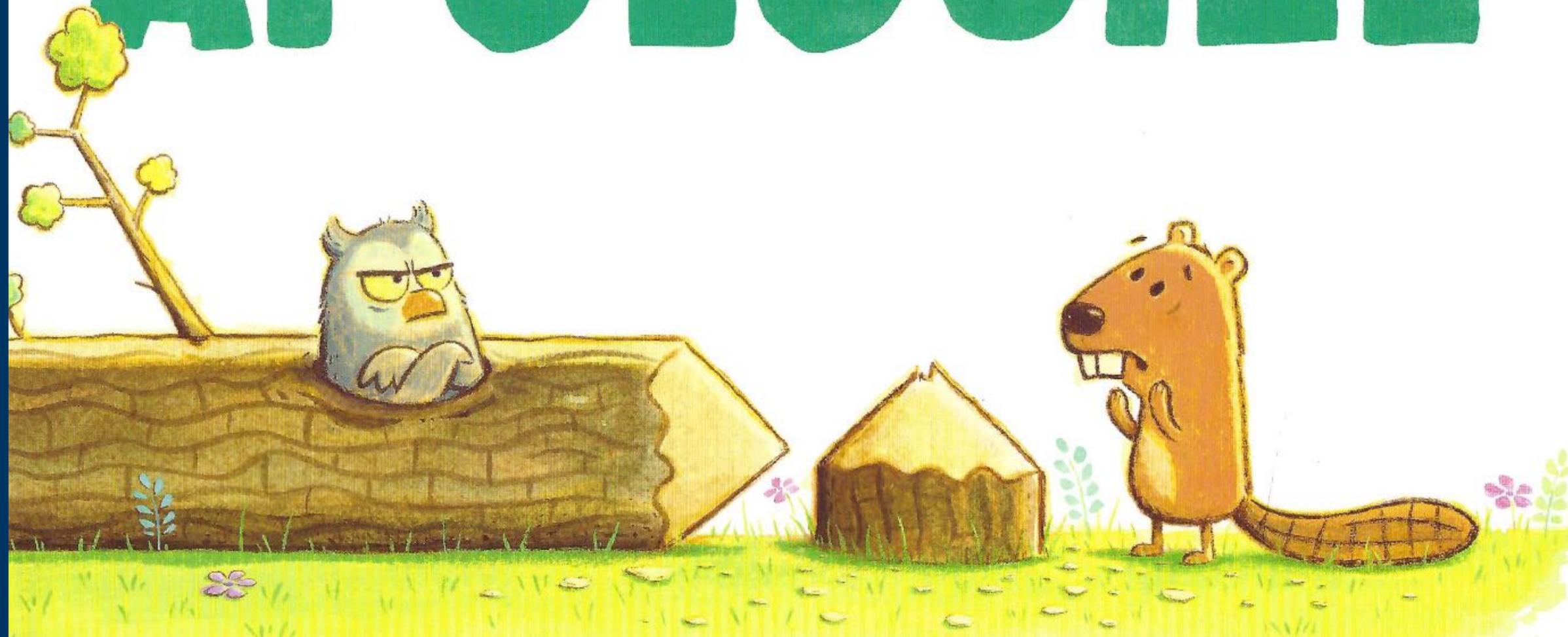
Movement



Meditation

Story Time

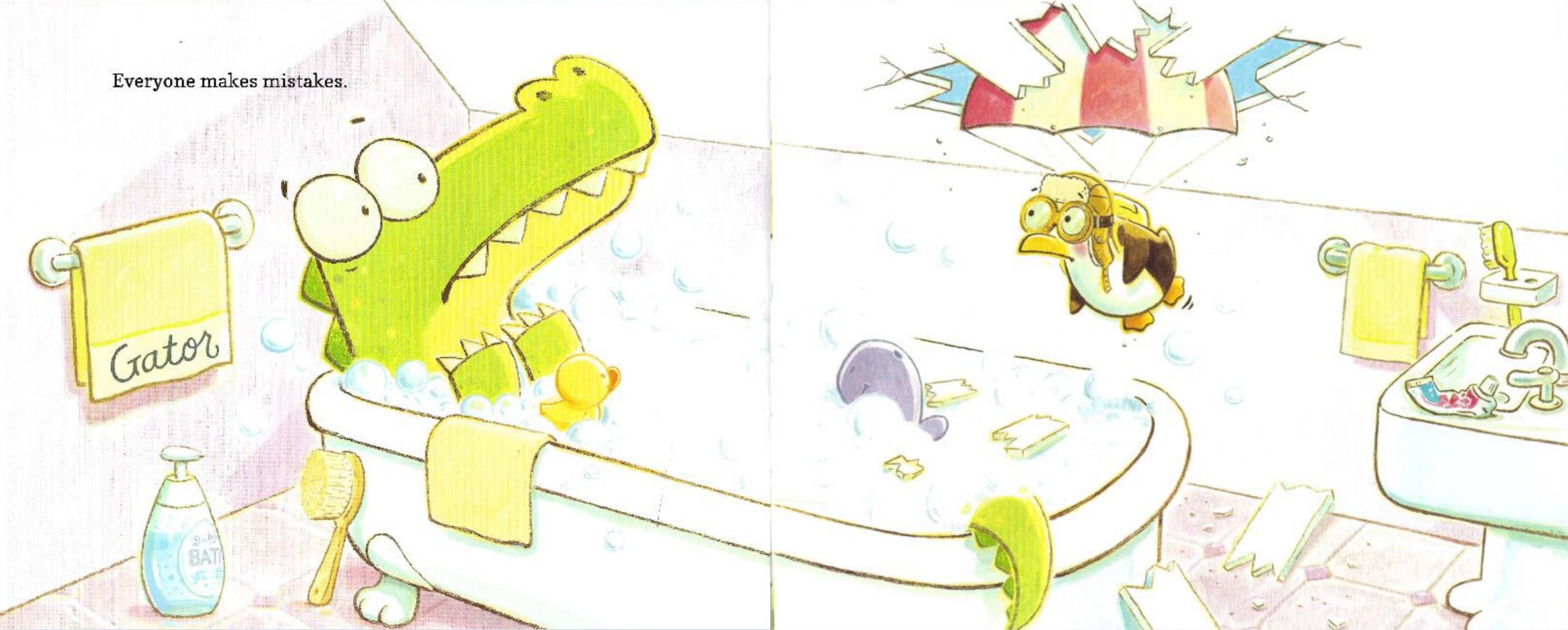
HOW TO APOLOGIZE



David LaRochele

illustrated by Mike Wohnoutka

Everyone makes mistakes.



Everyone makes mistakes.

Whether you are big . . .



Whether you are big . . .

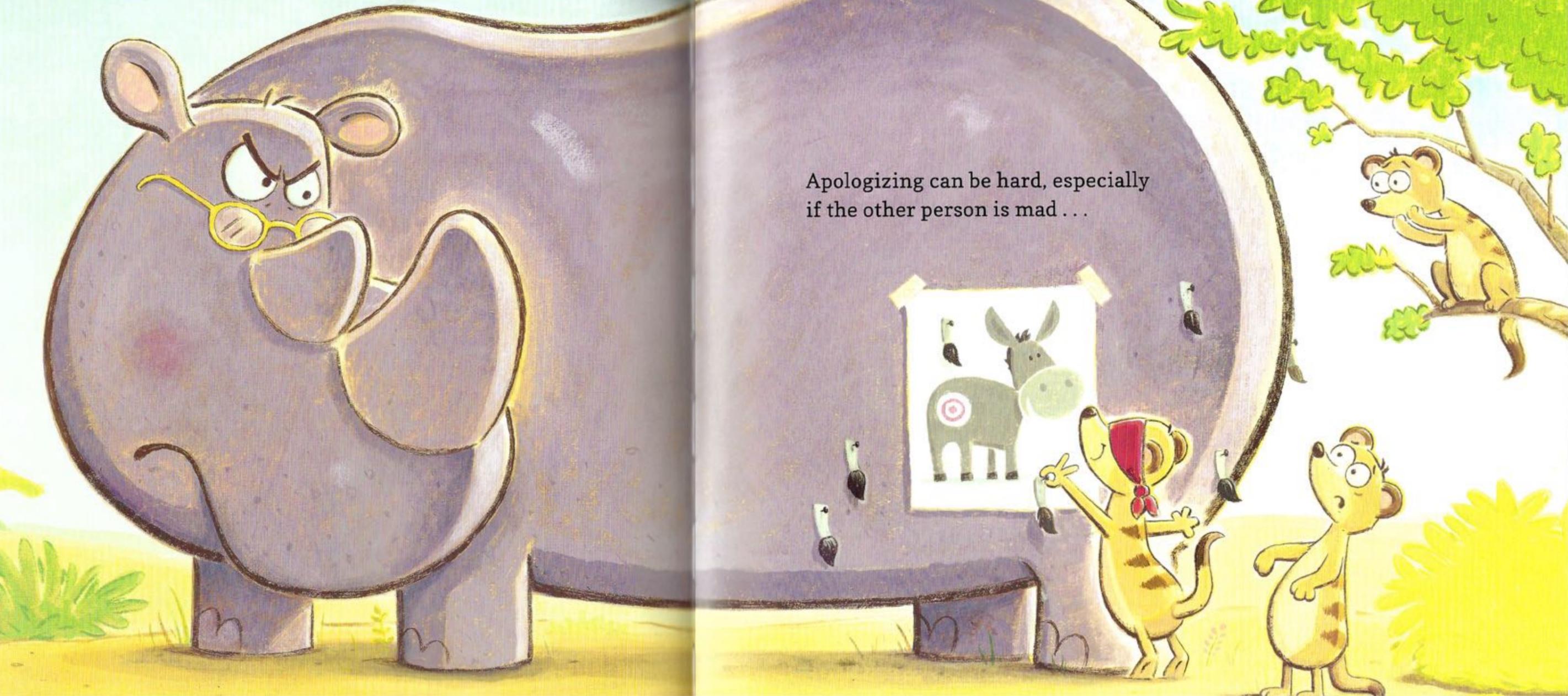
or small.

And when you've made a mistake that has hurt someone or something, the right thing to do is apologize.



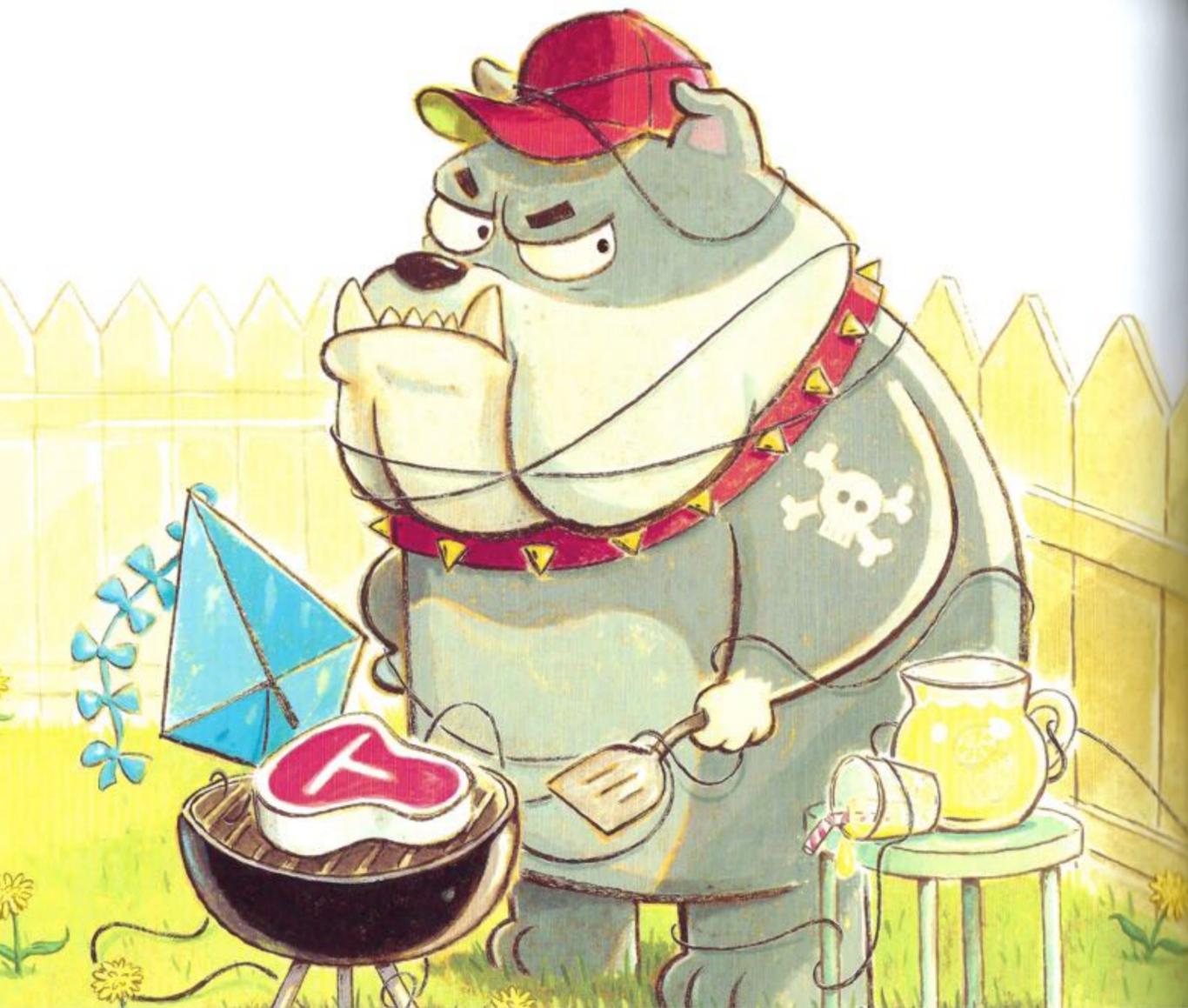
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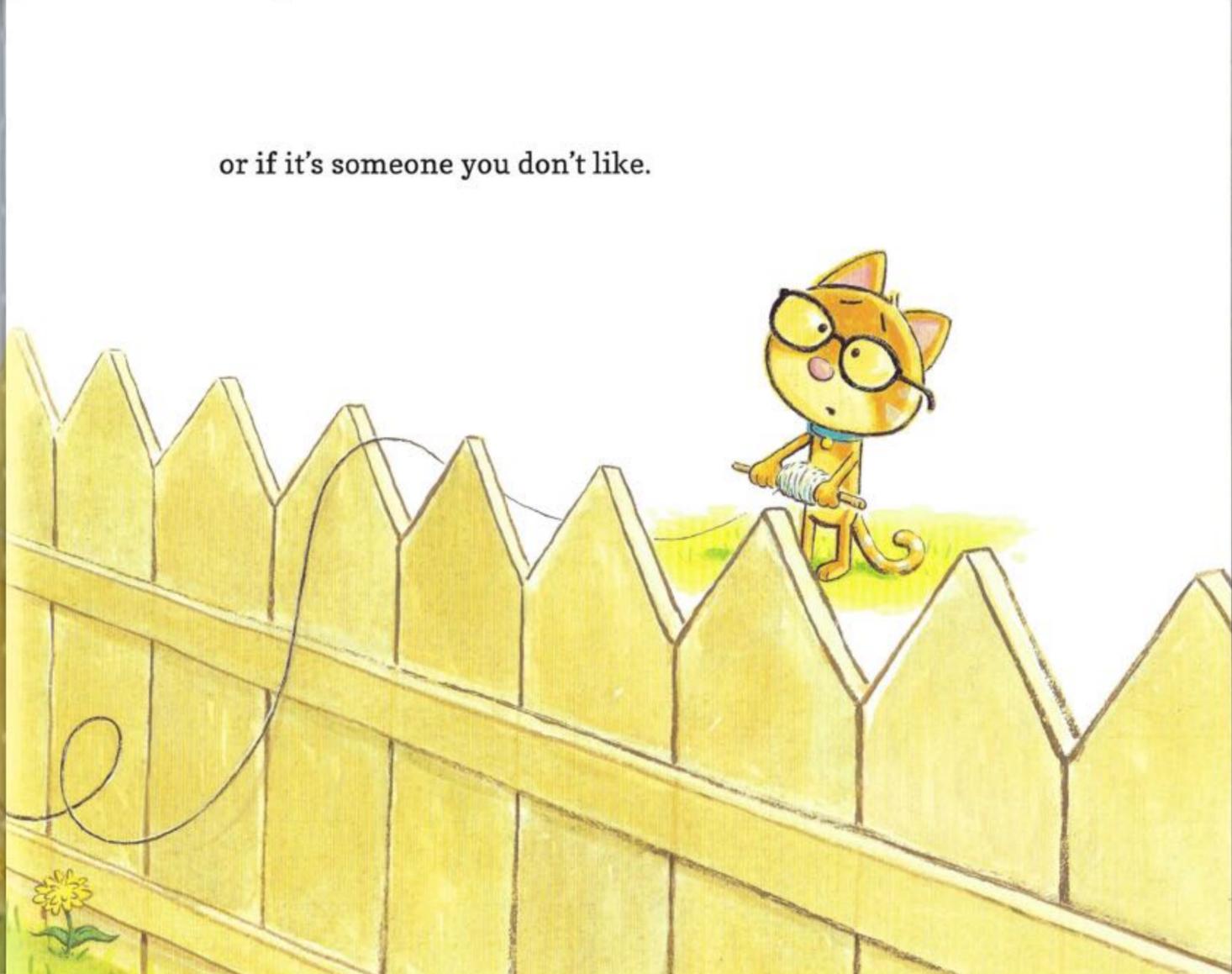


Apologizing can be hard, especially
if the other person is mad . . .

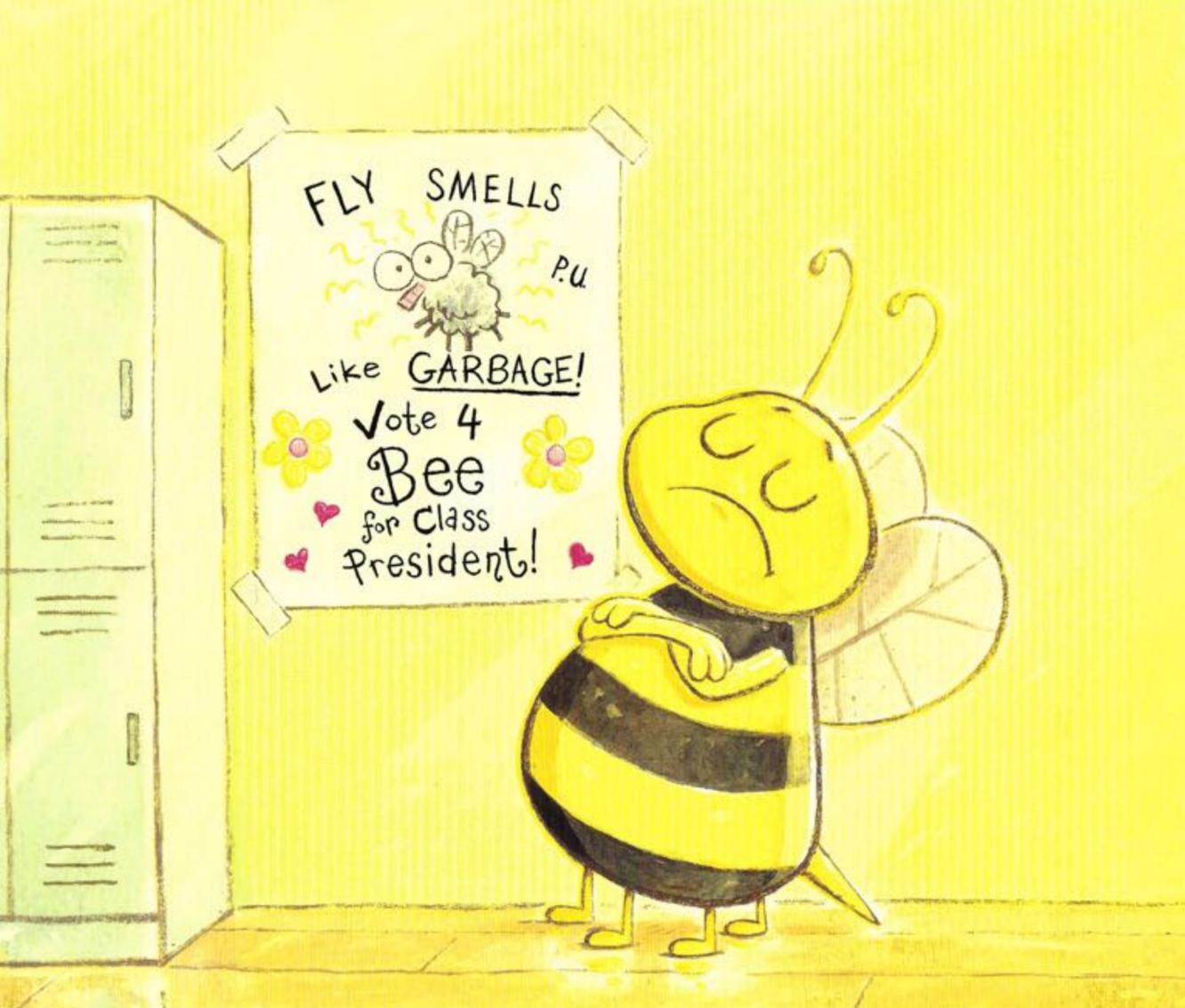
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other person is mad. . . .



or if it's someone you don't like.



Or if it's someone you don't like.

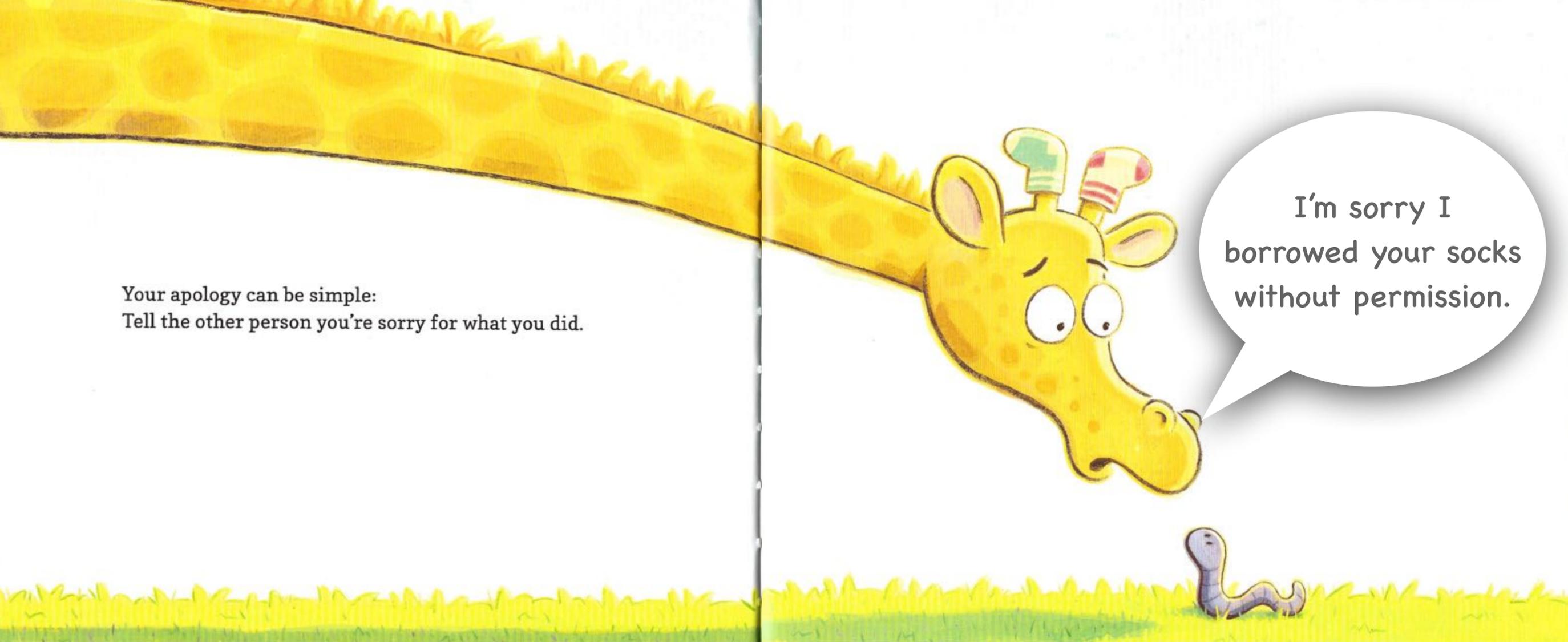


But it's important to apologize anyway—even if that person owes you an apology too.



But it's important to apologize anyway — even if that person owes you an apology too.

Your apology can be simple:
Tell the other person you're sorry for what you did.

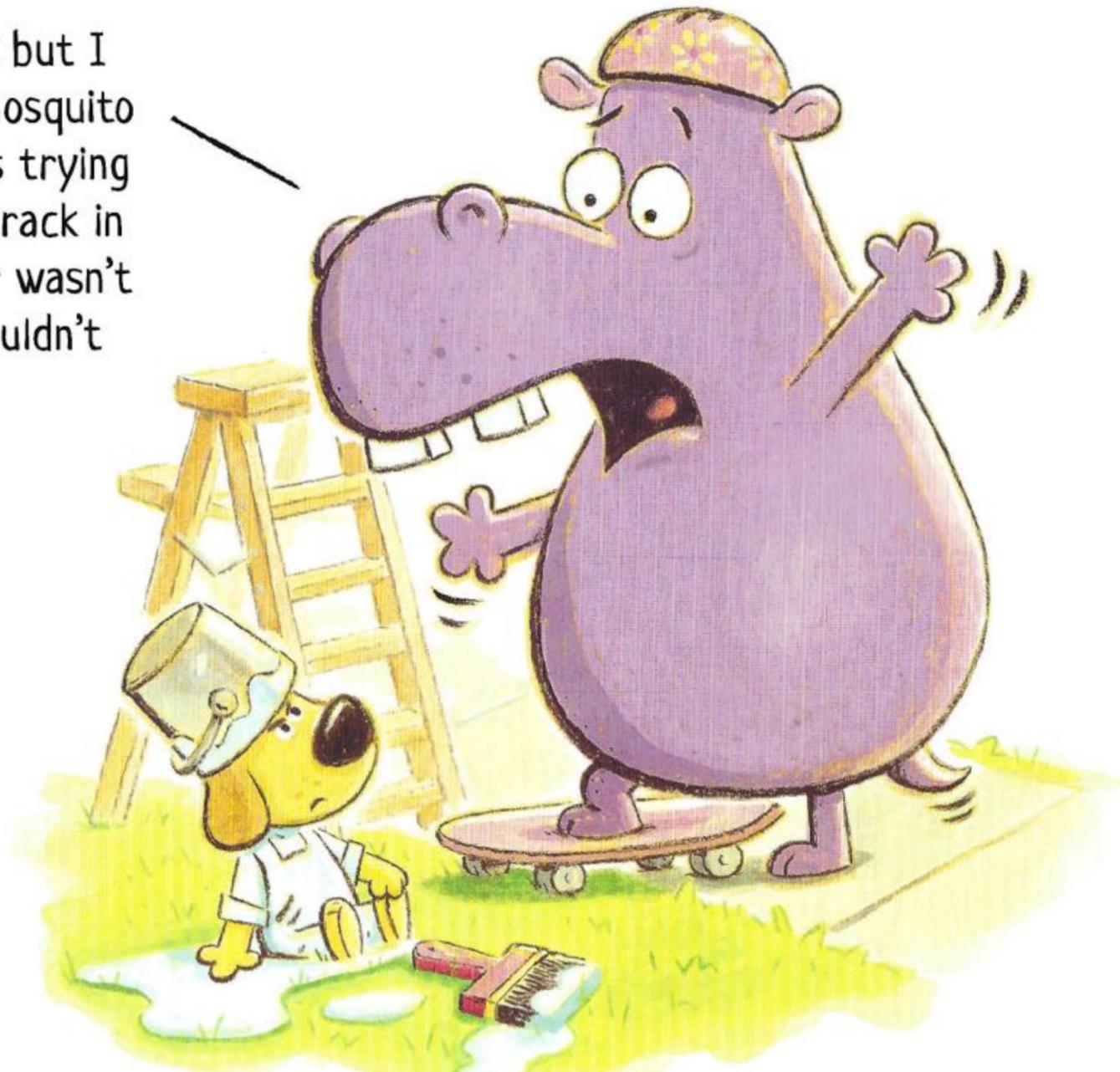


Your apology can be simple. Tell the other person you're sorry for what you did.

Don't make excuses.

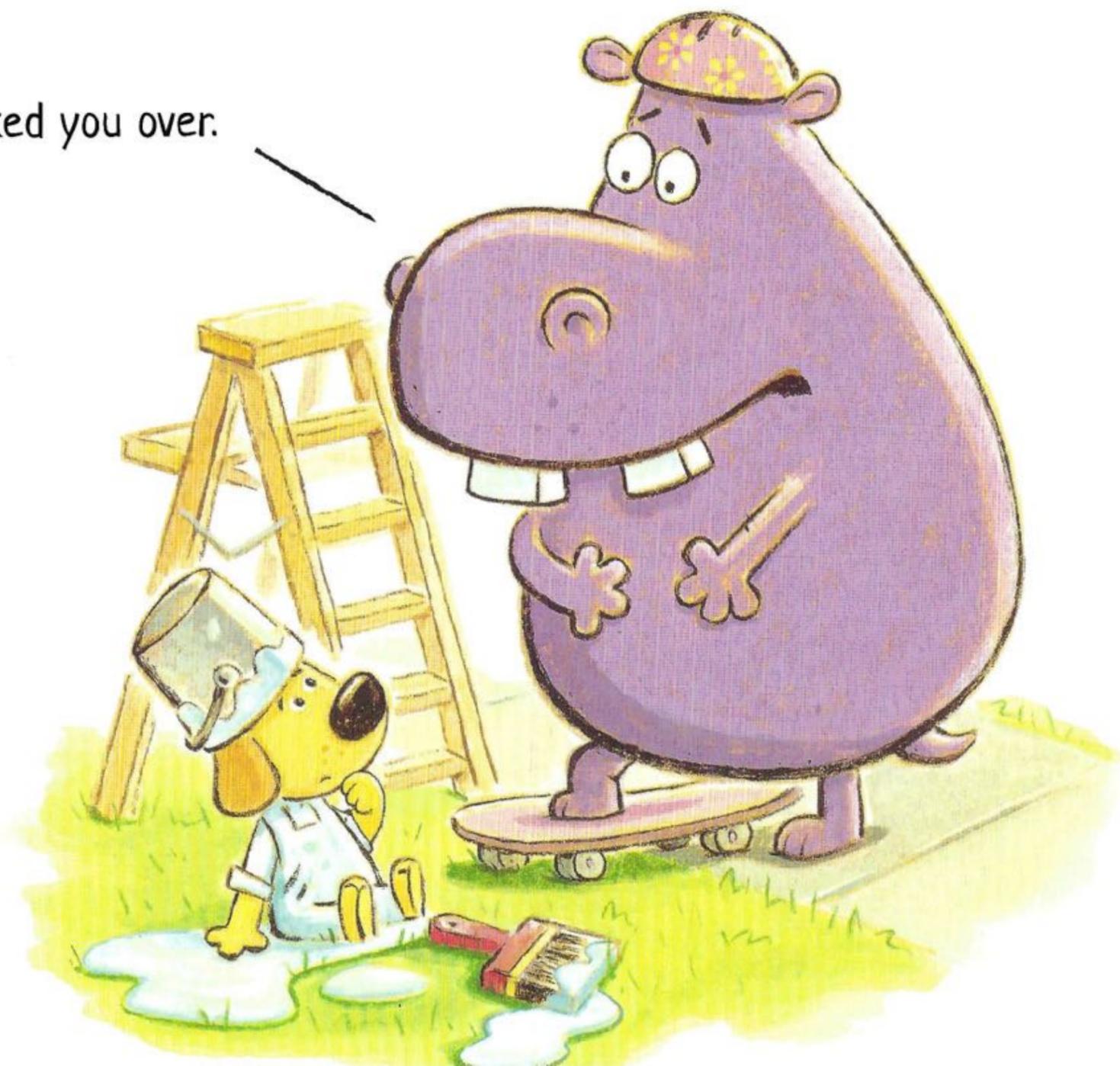
NO

I'm usually much more careful but I had an itch on my knee and a mosquito flew down my throat and I was trying to avoid a dangerous-looking crack in the sidewalk and if your ladder wasn't taking up so much space I wouldn't have bumped into it.



YES

I'm sorry I knocked you over.



And be sincere.

NOT SINCERE



Mom told me I had to apologize for putting your doll in the fishbowl or I can't go outside and play baseball. So I'm sorry.

NOT SINCERE



Ha! Ha! I'm sorry I "accidentally" squirted you with the garden hose when you were weeding the flower bed. Hee! Hee! But you have to admit you look hilarious. Ha! Ha! Ha!

NOT SINCERE



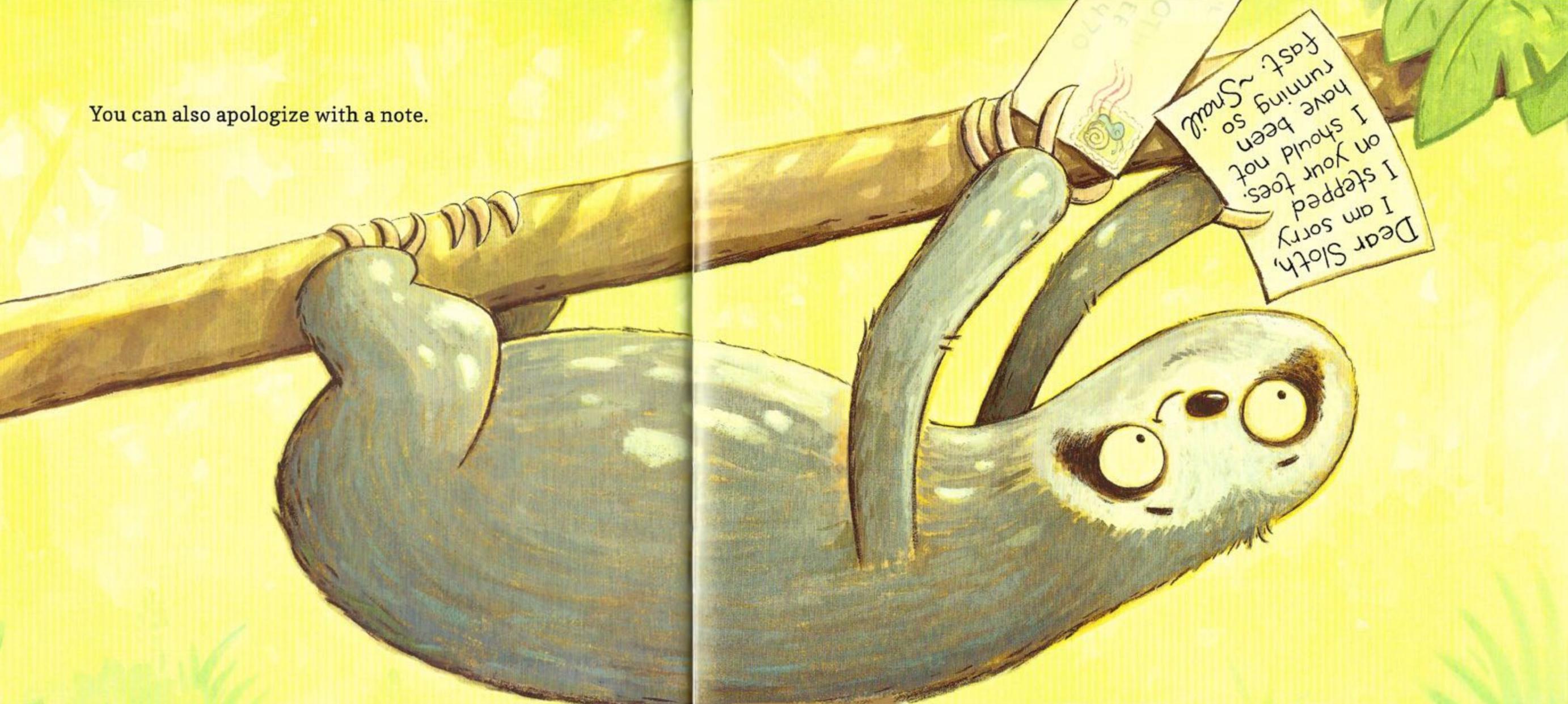
Look at the new GLOW-IN-THE-DARK WATCH I got for my birthday and I'm having a CUPCAKE PARTY on Saturday and I'm sorry I sat on your violin and guess who's going to be the STAR of the DANCE RECITAL next week . . . ME!

SINCERE



I'm sorry I popped your balloon.
I really am.

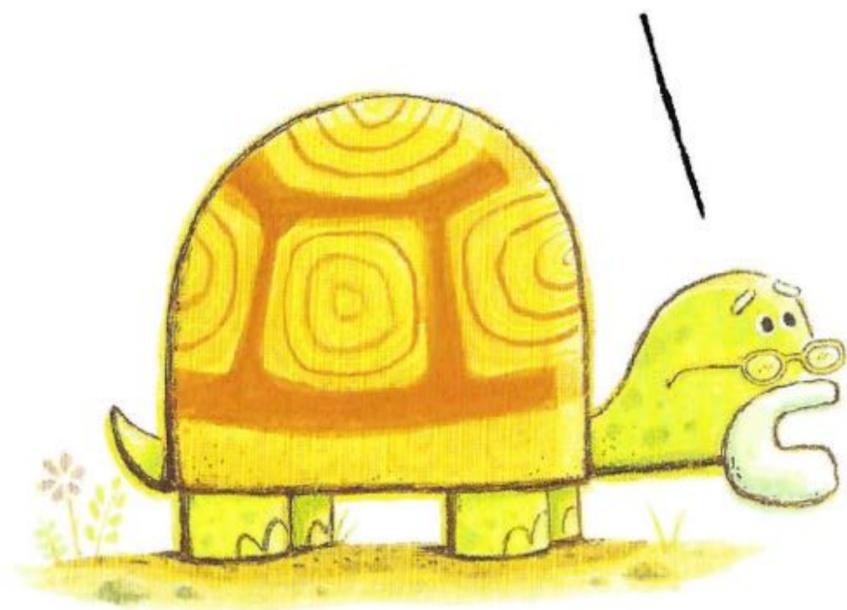
You can also apologize with a note.



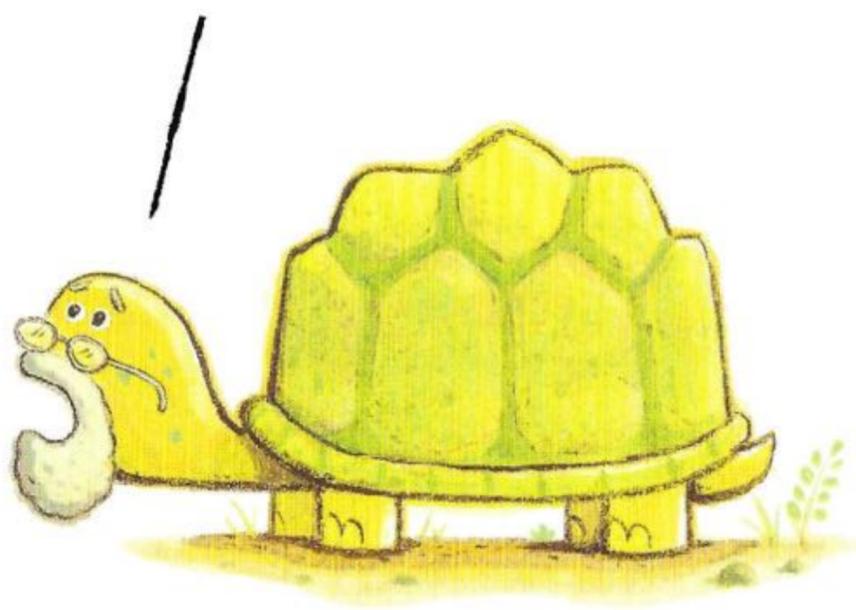
You can also apologize with a note.

Even if the mistake happened a long time ago,

Do you remember back in 1987 when I called you pokey-pants?

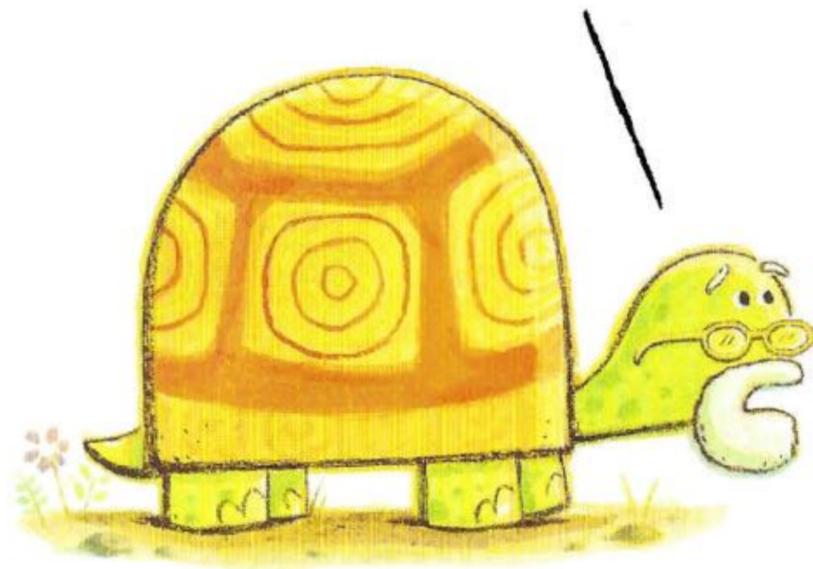


Yes.

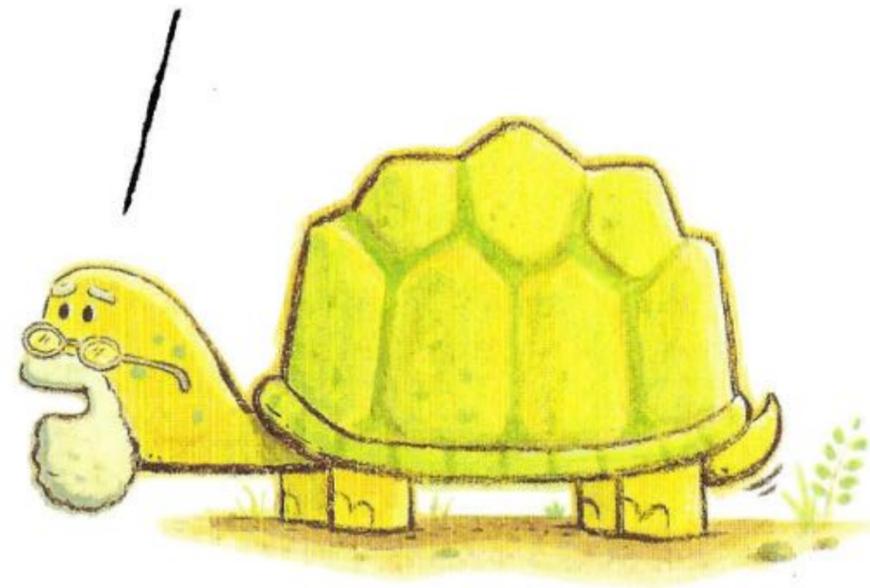


it's never too late to apologize.

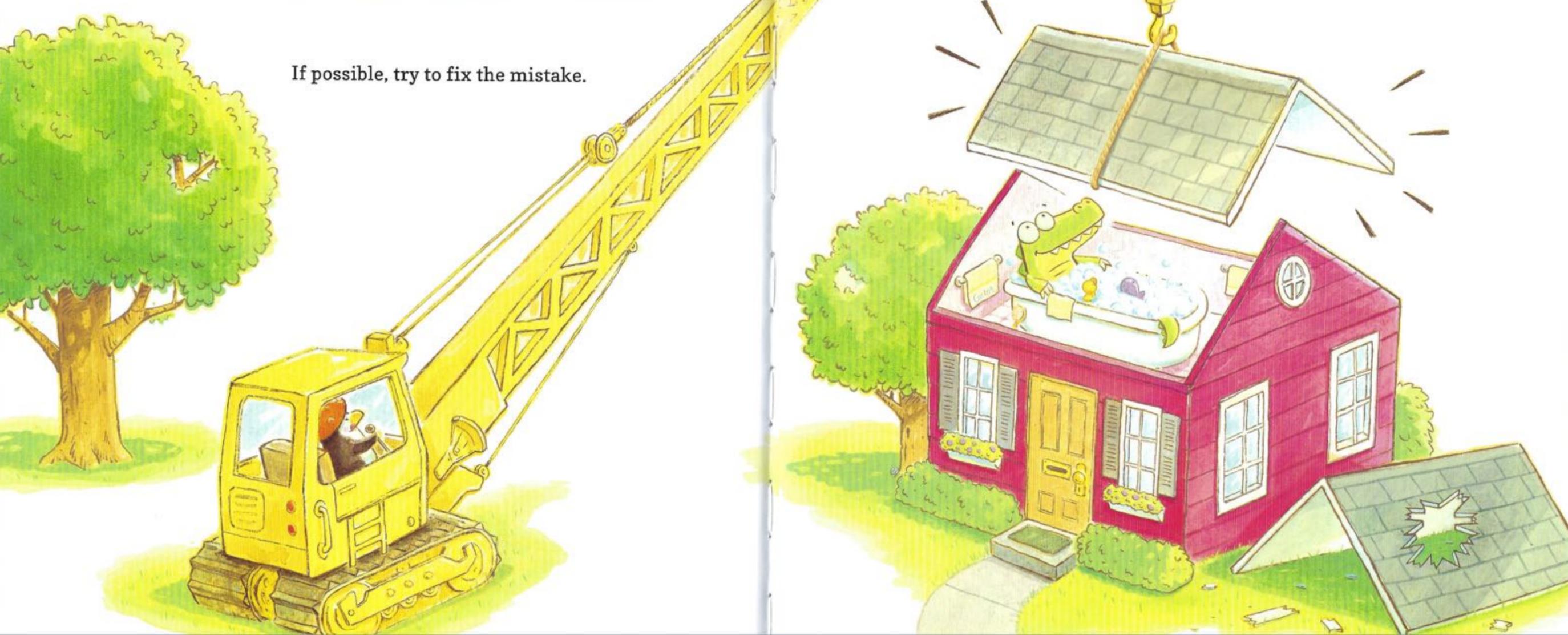
I'm sorry.



Thank you.



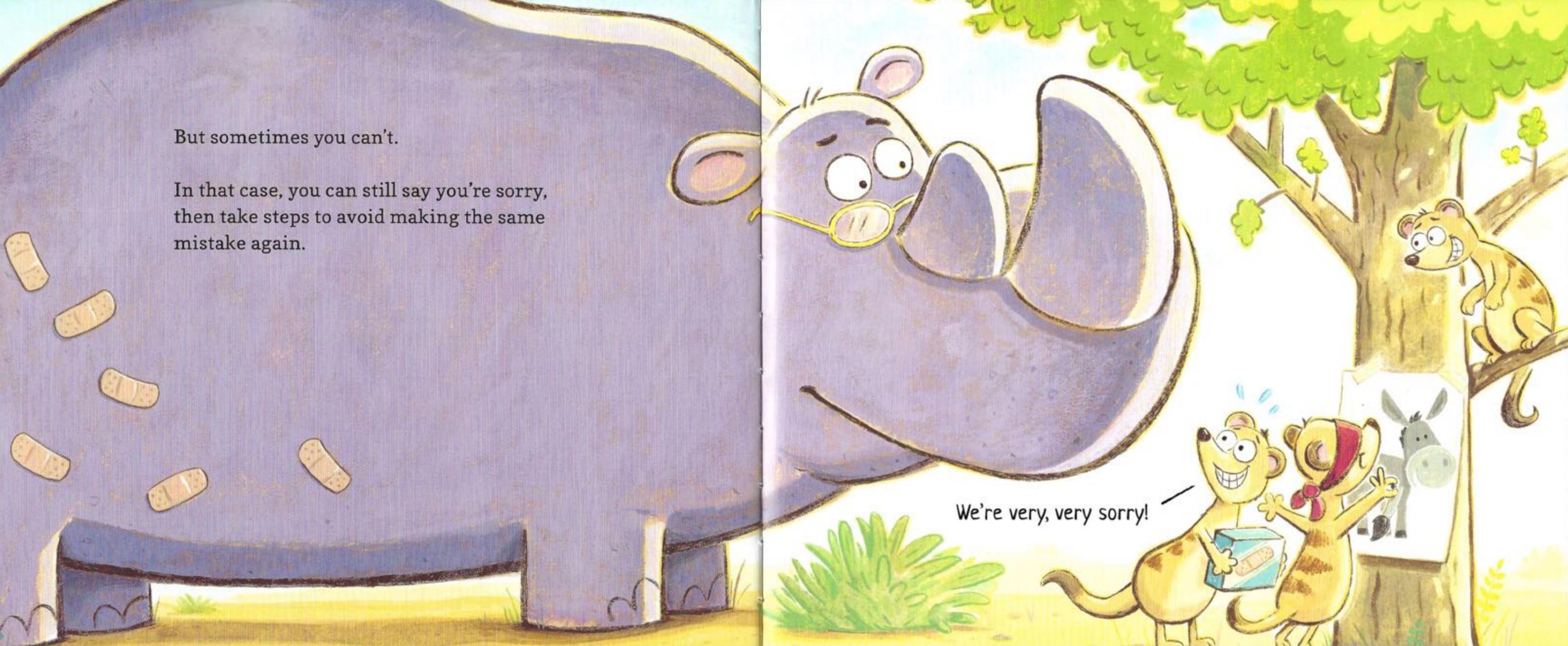
If possible, try to fix the mistake.



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But sometimes you can't.

In that case, you can still say you're sorry,
then take steps to avoid making the same
mistake again.



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In that case, you can still say you're sorry, and
take steps to avoid making the same mistake again.

It might be difficult, but apologizing will make you feel better.

More importantly, it will make the other person feel better.



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And that's why we apologize.



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You can make these offerings at home! This is Youth Practice; you can be creative. Your computer stand or table can be your altar. It may be helpful to include a Buddha or bodhisattva figure.

Opening the Altar

We will offer:

- A candle, or anything that creates light.
- Lavender buds, incense, or anything with a fragrance, or which looks like a plant or flower.
- And water.

Hold each item up to the camera so that everyone can see.

Lighting the Candle

(Offer anything that creates light)

We light this candle
as a symbol of enlightenment,
a reminder of warmth and
beauty.

Even a small light shows us
what was hidden in
darkness,
allowing us to see clearly.

May we have the courage to
live fully in the light of
awareness.

Offering Lavender Buds

(Offer anything that has a fragrance
or resembles a plant, or incense)

We offer lavender buds as a
symbol of the impermanence
of life.

All things flower but drop
away.

The unopened buds remind us
of our potential to awaken.

The fragrance is boundless and
becomes one with all things.

Placing the Water on the Altar

(Offer a small dish or bottle of water)

We offer water as a symbol of
purity, clarity and calmness.

It is a necessary element
for life.

Water also reminds us to
cleanse our hearts and
minds, so that we may be
open to love and compassion
for all, receiving each
moment just as it is.

Offering Blessings and Concerns:

Children and adults offer a blessing or concern. We 'place it on the altar' by ringing the bell.



Metta Chant
(Boundless Friendliness)

May all beings be free and
safe from harm.

May all beings be happy
and fulfilled.

May all beings be healthy
and strong.

May all beings have ease
and joy in their lives.

May all beings be free from
suffering.



Farewell to our friends on Zoom!

We will now shift to in-person
Mindful Activities.



**Youth Practice Live #22:
“HOW TO APOLOGIZE”**

Slides:

Kikan Michael Howard
Trina Brunk

Volunteers:

Myoshin Diane Benjamin
Sokyō Sherry Gwegorr

Children:

