

Think and write

Activity 1 of 3

Moishy and the Thing He Said

Ages 9-12 | Do it on your own or with a grownup. You can leave anything blank.

- 1 Write what you wanted when you said something you wish you had not.

- 2 Write the three parts of a real apology in your own words.

- 3 Write one kind thing you could do next.

Your answers are yours. Share them only if you want to.

Grownup conversation guide

Activity 2 of 3

Moishy and the Thing He Said

Read the story together first. Take turns. Listen more than you advise.

- 1 Why did Moishy feel heavy even after he told himself it was only a joke?
- 2 What did Totty do that helped?
- 3 Share a time you needed to say sorry. How did it feel afterward?
- 4 What should we do in our family when someone says something unkind?
- 5 What would help you feel safe to tell us when you made a mistake?

Tip: let your child pass on any question. Praise the effort of noticing, not a perfect answer. If worry, anger or sadness stays strong for weeks or gets in the way of daily life, talk with your child's doctor, school or a trusted professional.

Moishy and the Thing He Said

Cut out the card, or copy it onto an index card, and keep it where you will see it.

Moishy's Make-It-Right Tool

1. Listen to the heavy feeling. Guilt can be a sign that you care about how you treated someone.
2. Say what you wanted. Understanding why you said it helps you choose better next time.
3. Say it plainly. What I did, that I am sorry, and what I will do differently.
4. Give them time. A person can accept your apology slowly. You can keep being kind.

A real apology is hard to say, and it is worth it.

Draw a time you could use this tool: