Dear [Name],

I am sorry that I... [Explain what happened]

You must have felt very... [Select a feeling card to color in and then attach it to your letter]

Now I feel very... [Write how you are feeling about this situation]

Next time I will:
- [ ] Tell an adult
- [ ] Ask a friend for help
- [ ] Talk to you about how I am feeling

Or:

To make this situation better I can:

Is there anything else you would like me to do?

Your Friend!