Dear [Name],

I am sorry that I... [Write here]

[Write how you are feeling about this situation]

You must have felt very [Write how you felt at the time]
Now I feel very... [Write how you feel now]

Select a feeling card to color in and then attach it to your letter.

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:
[Write here]

Is there anything else you would like me to do?

Your Friend!