

#12064 LET'S MAKE UP

SUNBURST VISUAL MEDIA, 2003

Grade Level: K-3

13 Minutes



CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#12053 BUZZ, BUZZ, BUZZ: DID YOU HEAR ABOUT...?](#)

[#12054 LEARNING ABOUT HONESTY](#)

[#12056 DOING THE RIGHT THING: BUILDING CHARACTER](#)

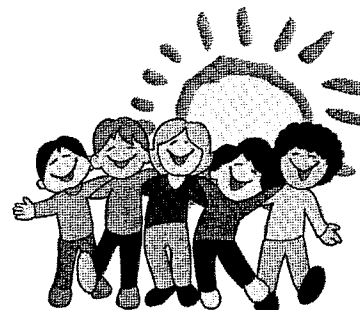
[#12060 LISTEN TO WHAT I JUST HEARD!](#)

Let's Make Up: Learning About Forgiveness

434540

GRADES K-2

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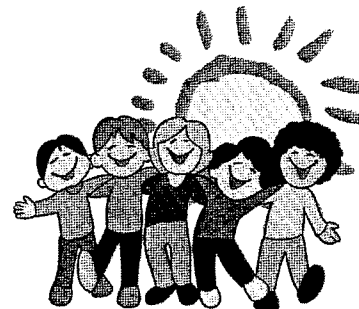
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This program contains:

- 1 videocassette *(approximately 13 minutes)*
- 1 Teacher's Guide, including 11 Activity Sheets

Program Overview



Why Should Children View This Program?

Of all the many skills children need for managing social interactions and relationships, one of the most difficult for them to master is knowing when to make and accept an apology. When children do something to hurt another child's feelings through a misunderstanding, disagreement, or accident, they tend to interpret the situation without considering how their behavior might affect the other child. But what socializes children is their ability to respond in a caring way to other children. Encouraged to look at a situation from the hurt child's point of view, even the youngest students can understand how saying two magical words, "I'm sorry," can help them handle the conflict. Using three engaging scenarios bracketed by upbeat music and lyrics, *Let's Make Up: Learning About Forgiveness* shows students how apologizing when you are wrong, refusing to hold a grudge, and recognizing that it takes two to make up can solve problem situations.

Learning Objectives

This program is designed to help children:

- understand the importance of making and accepting apologies.
- learn that saying "I'm sorry," can prevent a small misunderstanding from turning into a big problem.
- understand what it means to "hold a grudge."
- recognize that holding a grudge and not accepting an apology can make a situation worse.
- discover that making or accepting an apology helps people to work things out.
- learn that in a situation where two people are at fault, both sides need to apologize.



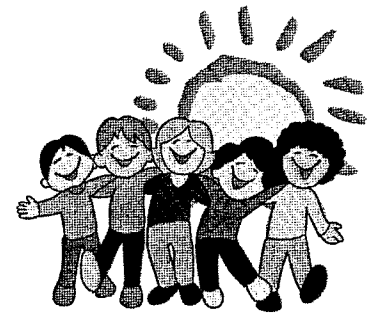
Program Content

Hosted by a personable teenager, the program consists of three stories. The first describes what happens when one girl decides to play with a new friend without thinking of how excluding an old friend will hurt that friend's feelings. In the second story, a boy makes a mistake that angers his friend, and although he apologizes quickly, his friend keeps holding a grudge and won't talk to him. In the last story, an accident precipitates a falling-out between two friends, who realize in the end that not speaking to each other doesn't solve anything, and that it takes two to make up.

Pre-Viewing Questions

- If you bump into someone by accident, what could you say to make things better?
- When you and your friend have a fight, what could you do to make up?
- What do you think the word "forgiveness" means?

Viewing the Program



Introduction

Three short vignettes introduce the program's topic. In the first, one boy forgets to return his friend's football. Next, a girl pushes a boy off a fence, by mistake. The third, a boy accidentally squirts juice on a girl.

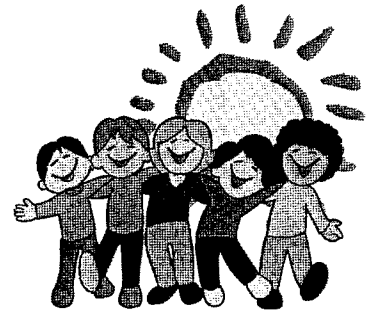
The program's host, then comes on-screen. In each of these situations, she explains, there's a potential for a big problem. But in each case, two little words, "I'm sorry," averted the problem. Apologizing when you do something wrong, she tells viewers, is the quickest and easiest way for friends to make up. Three scenarios about making and accepting apologies follow.

Part 1: Apologize When You Are Wrong

At the school playground, Breanna and her new friend Sarah discover that they're going to the same dancing school and decide to play together after school. When Morgan, Breanna's friend and neighbor, reminds Breanna about their after-school date, Breanna says she's changed her mind and is going to Sarah's house instead. When Morgan asks to come, too, Breanna says no, and then upsets Morgan even more by canceling their Saturday playdate in favor of practicing with Sarah after dance class.

Learning from Morgan's mother that something is up between the girls, Breanna's mother asks Breanna to explain. Breanna maintains that she didn't tell Morgan she wouldn't play with her—all she did was tell Morgan that Morgan couldn't come to Sarah's and that she and Sarah would be practicing their dancing together on Saturday.

"How do you think that made Morgan feel?" Breanna's mother asks, adding another question, "How would you feel if a friend treated you like that?" Put yourself in Morgan's place, Breanna's mother advises. Breanna thinks it over, agrees that what she did was hurtful, and wonders if Morgan will ever be her friend again. Her mother suggests she apologize to Morgan. "I'm really sorry," Breanna tells Morgan. "Come over on Saturday to play with Sarah and me," she adds, and the two are friends again. The program's upbeat theme song reinforces the idea of making and accepting apologies.



Part 2: Holding a Grudge

Admiring his friend Andrew's pet hamster, Sam asks to feed him, so Andrew gives him Chippy's food and goes off in search of something the two of them can eat. Sam goes to join Andrew, but unfortunately, Sam doesn't close the cage door. Later, Andrew looks everywhere for his pet, but can't find him. Devastated, he blames Sam. Sam tries to apologize, but Andrew not only won't forgive him, he refuses even to talk to him.

When Andrew's older brother Todd sees how mad Andrew is at Sam, he tells Andrew that holding a grudge only makes things worse. You not only don't have Chippy, Todd tells him, but you don't have a friend. He advises Andrew to call Sam and make up. After thinking it over, Andrew decides that he'll invite Sam over, but won't let him alone near his new hamster. A reprise of the song reinforces the point of making up and not holding a grudge.

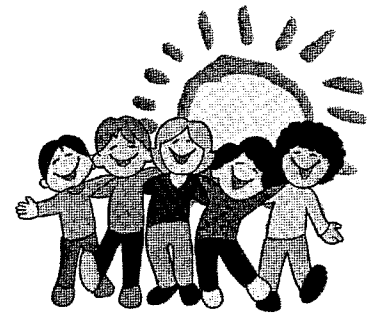
Part 3: It Takes Two to Make Up

At day camp, Chelsea is rushing her friend Josh to finish painting his picture so they can both go to soccer practice. To save time, she says she'll close the paint jars while he puts on his sneakers. But she doesn't close one jar tight enough. When Josh goes to pick up his picture at day's end, Chelsea accidentally knocks over the jar with the loose top, and Josh's painting is ruined. She tries to explain she didn't do it on purpose, but Josh is so mad he calls her names, making her angry as well.

Next day at camp, the two are thrown together as buddies on a nature walk. As they walk along, not speaking to each other, Josh suddenly trips and falls. Chelsea, very concerned, asks him if he's all right. As they start talking again, they realize that it isn't fun being angry at each other. They both admit they were wrong, apologize to each other, and are friends once again.

After another reprise of the song, the host offers some good advice for viewers: The quickest and easiest way to make up with a friend is to say you're sorry, she says. If you hurt a friend's feelings, it's important to admit you were wrong. If someone apologizes for making you feel bad, don't hold a grudge. The best thing to say in all these situations, she concludes, is "Let's Make Up!"

Discussion Questions

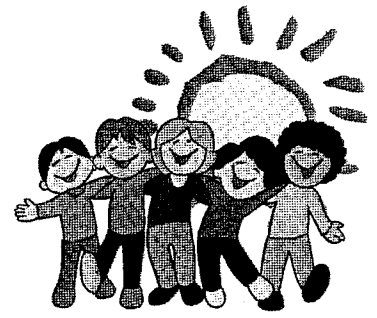


Part 1: Apologize When You Are Wrong

1. What did Breanna and Sarah discover they both liked to do? Have you ever been in a situation where you quickly made a new friend because you both had the same interests? Did it make you forget your other friends? Why or why not?
2. How do you think Morgan felt when Breanna told her she couldn't come to Sarah's house and couldn't play with her on Saturday? Would you feel the same way if you were Morgan? Explain.
3. What does it mean, to "put yourself in someone else's place"? What happened when Breanna put herself in Morgan's place?
4. Did it surprise you that Breanna thought Morgan might not be her friend anymore? Why?
5. What did Breanna's mother advise her to do? Did she do it? What happened?

Part 2: Holding a Grudge

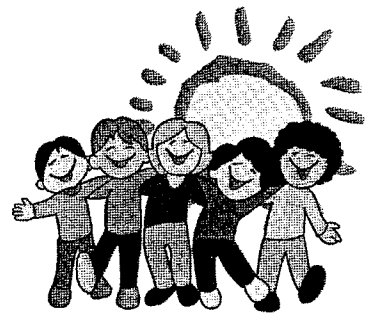
1. Why was Andrew so angry at Sam? Do you think he was right to blame Sam? Why?
2. Sam felt terrible and told Andrew he was sorry that Chippy was gone. Why didn't Andrew accept his apology? What does "holding a grudge" mean?
3. Have you ever been in a situation where a friend decided not to speak to you because of something you did or didn't do? Did your friend keep holding a grudge? What happened in the end?
4. Why does holding a grudge make a situation worse?
5. What did Andrew's brother tell him to do? Did Andrew do it? What happened?






Part 3: It Takes Two to Make Up

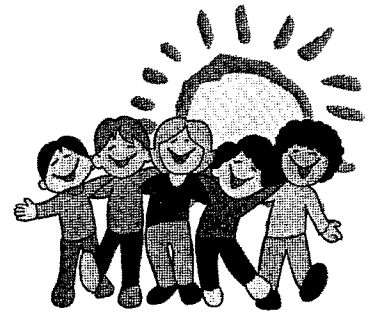
1. Why did Josh get so angry at Chelsea? Suppose instead of calling the paint spill an accident, Chelsea had said she was sorry, would it have helped?
2. What did Josh do that made Chelsea angry? What happened then? If two people don't talk to each other, what are the chances they will make up?
3. What happened to make Chelsea and Josh start talking again? Why did they decide to make up? Why isn't it fun to be with someone and not talk?
4. Why is it important for people to apologize when they are both in the wrong? Does exchanging apologies after a disagreement makes a friendship stronger? Explain.

Bulletin Board Starters



-  Invite children to write or dictate stories about two friends who had a fight, then decided being mad was no fun, and made up by saying "I'm sorry" to each other. Have children illustrate their stories. Display the finished stories on the bulletin board.
-  Give each child a sheet of stiff paper folded over to form a card. Have them pretend they are Breanna writing to Morgan, or Andrew writing to Sam, or Chelsea or Josh writing to each other. Have them illustrate the front of the card and write or dictate a note for the inside telling Morgan or Sam or Chelsea or Josh they are sorry. Display the cards on the bulletin board.
-  Letter the three part-titles of the program, "Apologize When You Are Wrong," "Holding a Grudge," and "It Takes Two to Make Up" on stiff paper or oaktag. Post these on the bulletin board and have each child choose one to illustrate. Post the pictures under the appropriate heading.

Suggested Activities



Language Arts

Invite children to contribute all the words they can think of to describe what it feels like when someone hurts their feelings and quickly tells them, "I'm sorry." List the words on the chalkboard. Have them then contribute all the words they can think of to describe how they might feel if they did something wrong and found that someone is holding a grudge against them or not speaking to them. List these words as well. Discuss both sets of feelings with the class.

Communication

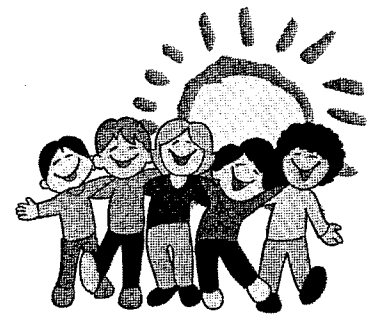
Invite children to tell about their own experiences with making or accepting an apology. Have each child describe the situation that led to the misunderstanding, disagreement, or accident. Did either they or the other person hold a grudge? Were apologies made and accepted? What was the outcome?
(Note: In their enthusiasm for discussing their experiences, children may inadvertently reveal personal information. Handle the discussion in such a way as to ward off any inappropriate self-disclosure.)

Art; Creative Expression

Have children bring in old gloves or mittens and let them create their own puppets using felt, yarn, glue, buttons, and the like. Have them use the puppets to role play the situations in the program, or make up other situations that show how saying "I'm sorry" can make people feel better inside.

Music; Creative Expression

Lead the children in reciting the lyrics of the program's song together, or ask for volunteers to sing a solo, using any tune they prefer. Divide students into small groups. Ask each group to come up with a short stanza of additional lyrics describing the benefits of being able to say, "I'm sorry!"

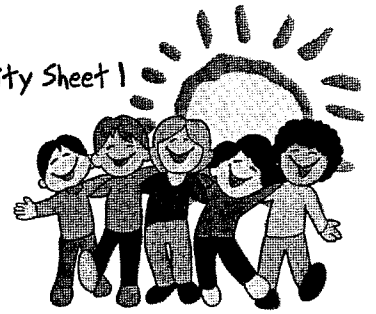


Language Arts; Art

Choose one of the books of fiction listed in the Suggested Reading section of this Teacher's Guide, or ask your school or local librarian to recommend a book about the benefits of apologizing when you are wrong or of not holding a grudge. Ask the class to think about characters as you read the story aloud. Stop at a good point halfway through the story, and ask students to predict how the story will turn out. Have them draw pictures to match their predictions. Finish reading the story to let them see whether their drawings match the story's ending.

Activity Sheets

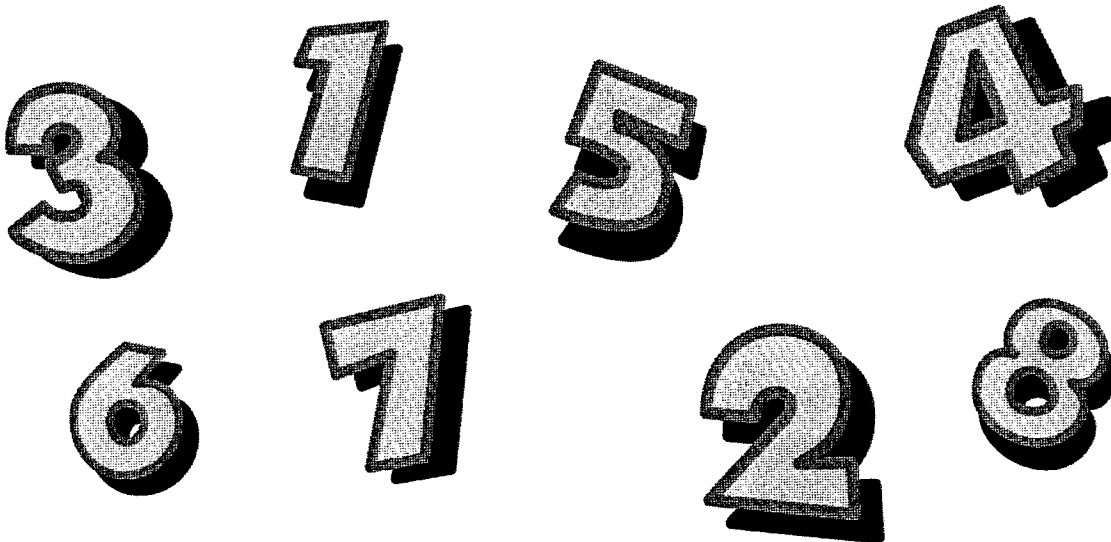




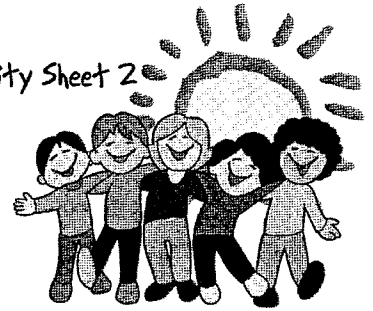
When Morgan Got Left Out

The story of how Morgan got left out, and its happy ending, is told in the eight sentences below, but the sentences are out of order. Number them in the right order from 1 to 8.

- _____ Breanna learned that Sarah went to the same dance school as she did.
- _____ Breanna's mother asked how Breanna would feel if Morgan did that to her.
- _____ Morgan accepted Breanna's apology and the three girls played happily together.
- _____ At school, Breanna started talking to a new girl, Sarah.
- _____ Morgan lived next door to Breanna and they always played together.
- _____ Breanna told Morgan she wasn't going to play with her because she and Sarah had to practice their dance steps.
- _____ Breanna thought it over and told Morgan she was sorry.
- _____ Breanna's mother asked Breanna what was up between her and Morgan.



Apology Accepted



Make a storybook about what happened when Breanna hurt Morgan's feelings.



<p>1</p> <p>Breanna made a date with her new friend, Sarah.</p>	<p>2</p> <p>She hurt Morgan's feelings by leaving her out.</p>
<p>3</p> <p>Breanna's mother asked her how she would feel if Morgan did the same thing to her.</p>	<p>4</p> <p>Breanna thought it over, apologized to Morgan, and the three girls played together.</p>



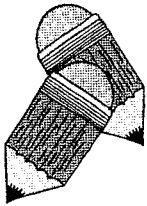
How Would You Feel?

Here are some words that describe feelings:

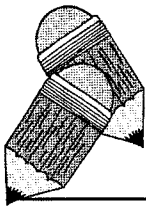
angry
hurt
lonely
joyful

disappointed
glad
pleased
good

sad
happy
upset
nervous

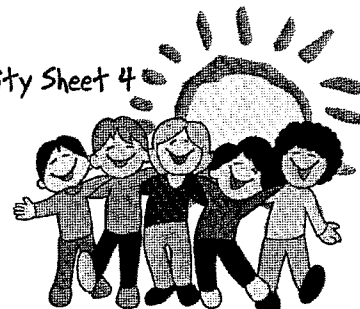


Choose from the list the words that describe how you would feel if you were Morgan, and Breanna told you she decided to play with Sarah, and left you out. Write the words here.



Now choose and write down the words that describe how you would feel when Breanna said, "I'm sorry!"

What Would You Say?



Read the stories below. Write what you would say. Choose from these answers. You can use one answer, two answers, or all three.

"Too bad."

"It was an accident."

"I'm sorry!"

1

Luke is coming up behind you. You don't see him and turn too quickly, knocking him down.

What would you say?



2

You're playing soccer and go to kick the ball. You miss the ball and kick another player very hard.

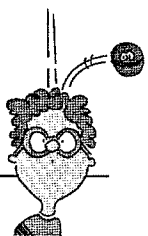
What would you say?



3

On the playground, you throw the ball and it hits one of your classmates.

What would you say?



4

You think your friend's new sneakers are very uncool. You say so out loud, and then see you have hurt her feelings.

What would you say?



5

You and your friend are playing a computer game. You hit a button and the screen goes blank.

What would you say?



6

Your friend gets angry when you take his markers without asking.

What would you say?



When Chippy Got Away

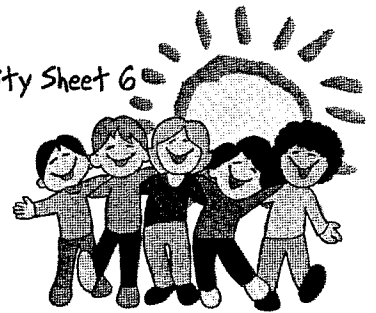


The eight sentences below tell the story of why Andrew got mad at Sam, and how they became friends again. The sentences are out of order. Number them in the right order from 1 to 8.

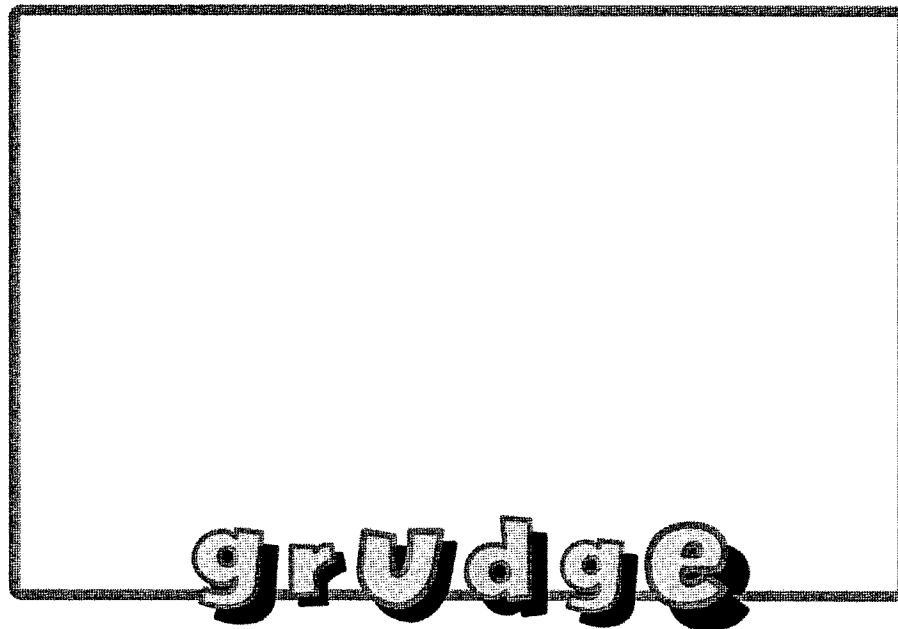
- _____ Andrew's brother Todd told him that holding a grudge makes a situation worse.
- _____ With his cage open, Chippy got away.
- _____ Andrew thought it over and decided to make up with Sam.
- _____ Sam asked to feed Chippy, but didn't close the cage properly.
- _____ Andrew was so angry he wouldn't accept Sam's apology.
- _____ Andrew blamed Sam for Chippy's escape.
- _____ Andrew called up Sam and invited him over to see his new hamster.
- _____ Andrew didn't have Chippy and he didn't have his friend.



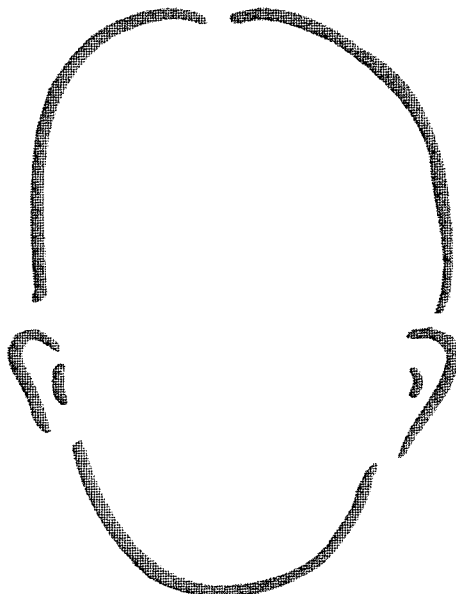
Picture It!



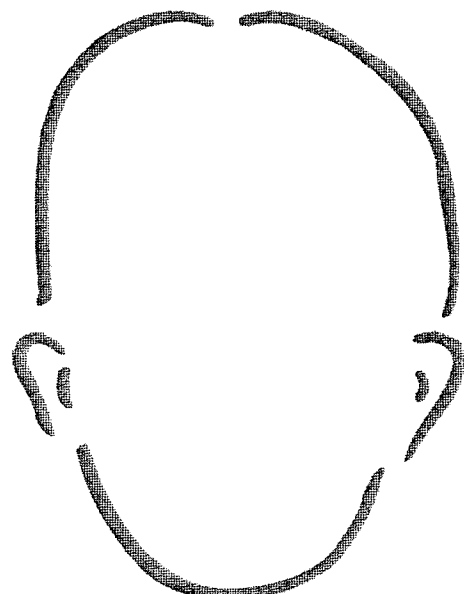
What does a grudge look like? How do you hold one? Use your imagination to draw a grudge in the space below.



Now fill in one face outline to show what someone "holding a grudge" looks like. In the other face outline, show what someone looks like after "letting go of a grudge."



holding a grudge

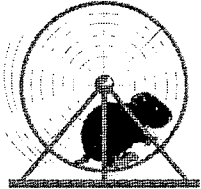


letting go of a grudge



Andrew Makes Up With Sam

Use the words below to fill in the blanks and retell the story of Andrew and Sam.



grudge

apology

make up

cage

holding

blamed

friend

sorry

gone

Andrew let his friend Sam feed his pet hamster, Chippy, but Sam did not close the _____ properly. Later that day, Chippy was _____. Andrew looked everywhere.

When he couldn't find Chippy, he got mad at Sam. At school the next day, Andrew _____ Sam. Sam felt terrible. He told Andrew he was _____.

But Andrew was too angry to accept his _____. He told Sam not to come over ever again.

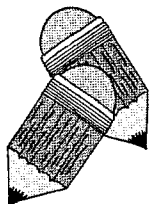
Andrew's brother Todd asked Andrew if he was going to stay mad at Sam forever. "You're holding a _____," Todd said. He told Andrew that by _____

a grudge, he didn't have Sam as a _____ anymore. He advised Andrew to _____ with Sam. Andrew thought it over. He missed Sam. He took

Todd's advice and invited Sam to come over.

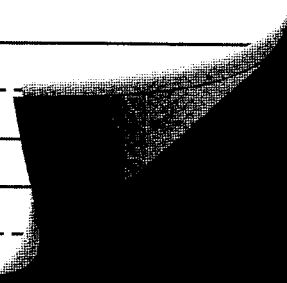


I Remember the Time...



Think about a time when you held a grudge. What were your feelings?
On the lines below, describe what happened and what you did.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. The page contains 10 sets of these lines for writing.



Words in Hiding



All the words in the word box are hiding in the puzzle below. Circle each word you find. Words can be found across or down.

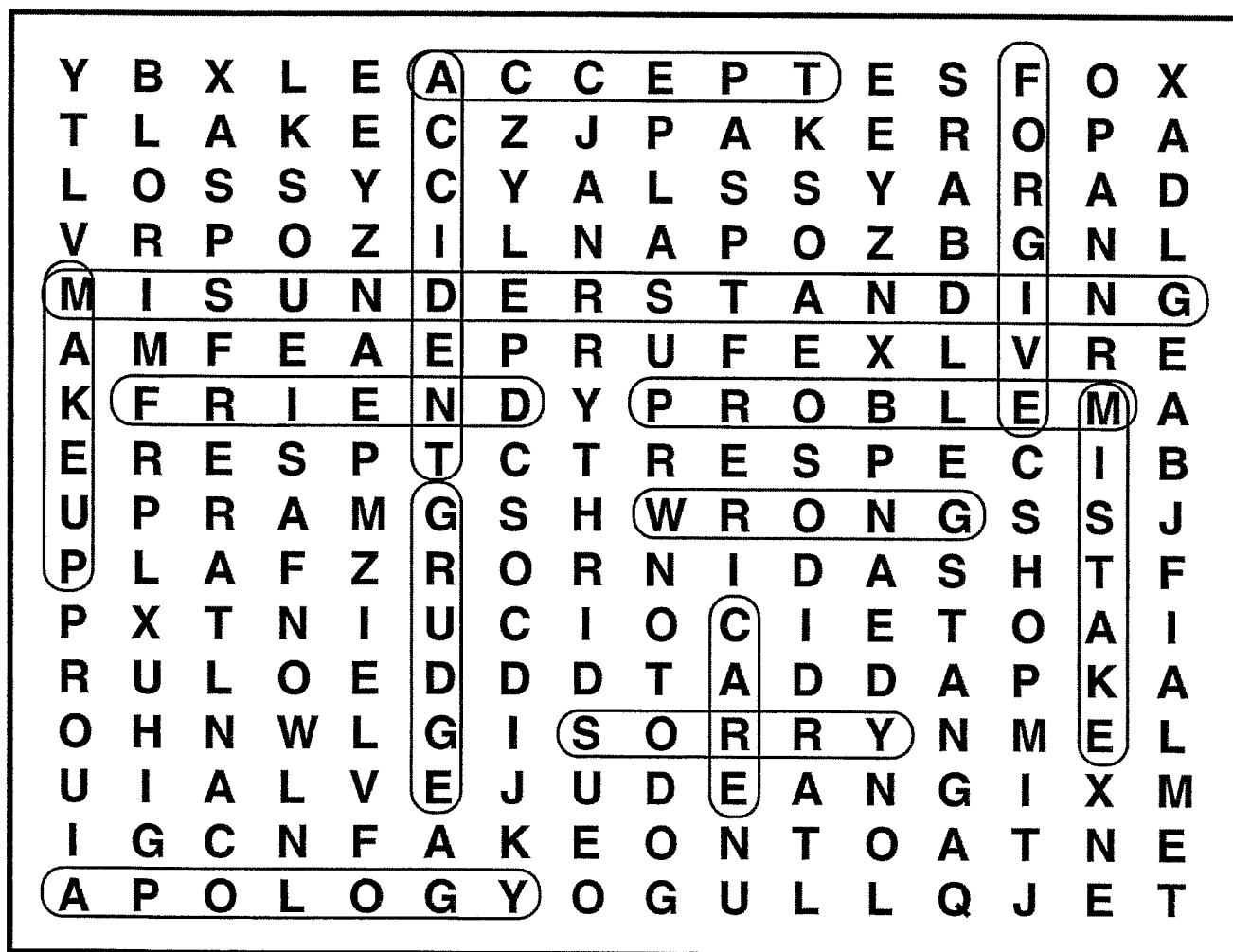
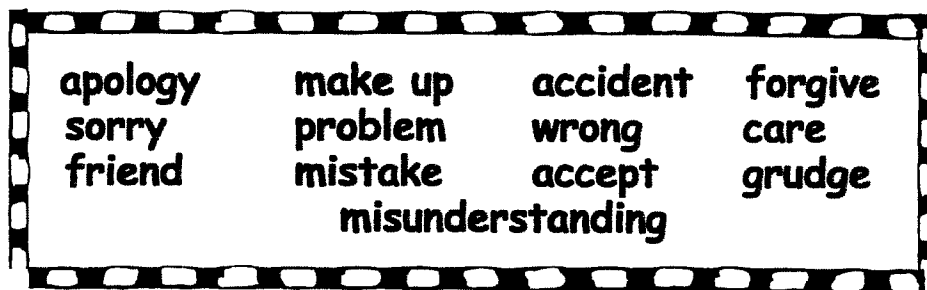
apology	make up	accident	forgive
sorry	problem	wrong	care
friend	mistake	accept	grudge
	misunderstanding		

Y	B	X	L	E	A	C	C	E	P	T	E	S	F	O	X
T	L	A	K	E	C	Z	P	P	A	K	E	R	O	P	A
L	O	S	S	Y	C	Y	A	L	S	S	Y	A	R	A	D
V	R	P	O	Z	I	L	N	A	P	O	Z	B	G	N	L
M	I	S	U	N	D	E	R	S	T	A	N	D	I	N	G
A	E	F	E	E	E	P	R	E	F	E	E	L	V	R	E
K	F	R	I	E	N	D	Y	P	R	O	B	L	E	M	A
E	R	E	S	P	T	C	T	R	E	S	P	E	C	I	B
U	P	R	A	M	G	S	H	W	R	O	N	G	S	S	J
P	L	A	F	Z	R	O	R	N	I	D	A	S	H	T	F
P	X	T	N	I	U	C	I	O	C	I	E	T	O	A	I
R	U	L	O	E	D	D	D	T	A	D	D	A	P	K	A
O	H	N	W	L	G	I	S	O	R	R	Y	N	M	E	L
U	I	A	L	V	E	J	U	D	E	A	N	G	I	X	M
I	G	C	N	F	A	K	E	O	N	T	O	A	T	N	E
A	P	O	L	O	G	Y	O	G	U	L	L	Q	J	E	T

Words in Hiding— Answer Key



All the words in the word box are hiding in the puzzle below. Circle each word you find. Words can be found across or down.



It Takes Two



at this word...

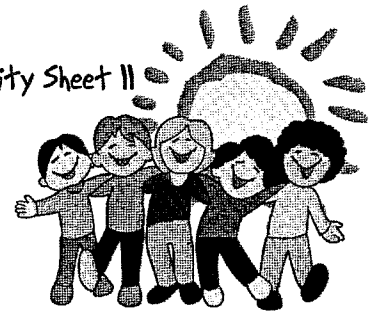
F O R G I V E N E S S

Work with a partner and see how many small words you can make from the letters in this big word. Here are some words to get your started.

SIR

NEVER

Write a Play



Choose a partner. Then pick one of the stories below, make up a little play about it, and decide what will happen. You may be able to give your play in front of the rest of the class.

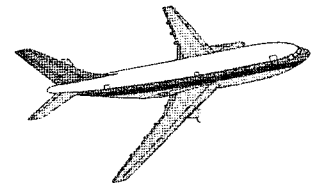
1 Annie and Yvonne were best friends. They both got new shoes. They had a fight about whose shoes were prettier, and stopped talking to each other.

Should they make up?
How?



2 Ramon and Alex were building a model plane together. Alex stepped on one of the parts and Ramon got mad. Alex said it was an accident, but Ramon called him names and Alex got mad. They stopped talking. But they found it was no fun building model planes alone.

Should they make up?
How?



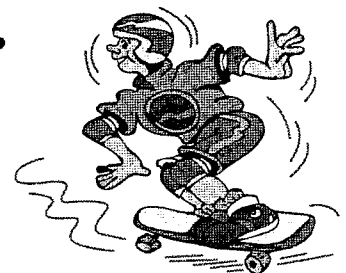
3 Pam asked her friend Robert to go to a movie with her, but Robert said Pam was a baby for wanting to see it. Pam then called Robert stupid, and they stopped talking.

Should they make up?
How?

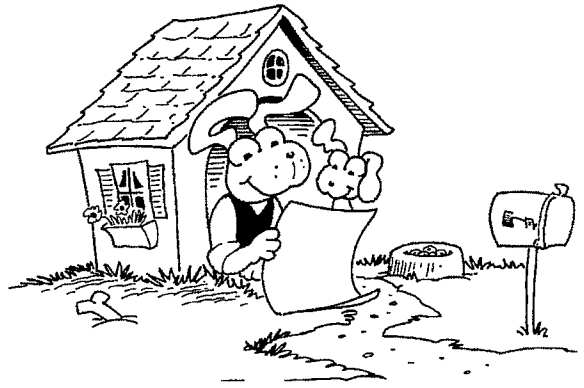


4 George borrowed his friend Max's new skateboard and left it out in the rain. He told Max he was sorry. Max was very angry that George was so careless and would not accept his apology. He kept holding a grudge.

Should they make up?
How?



Send-Home Page



Dear Family Member,

Your child has viewed a program called **Let's Make Up: Learning About Forgiveness**. This program helps children see why it is important to apologize when they are wrong, accept an apology from others without holding a grudge, and recognize that it takes two to make up. The ability to say "I'm sorry," is an important skill kids need for managing their relationships with others. Here are some suggestions to further help your child understand the benefits of being able to forgive.

You might begin by asking your child what he or she thinks apologizing means. Prompt your child with an example: "Suppose you and your friend have a fight. What might happen?" You might follow this up by suggesting that staying angry won't solve the problem, and then introduce the idea, "What could you do or say to make it easier for the two of you to make up?"

Here are some points about about forgiveness that your child learned in the program:

- When you hurt someone's feelings, asking yourself how you would feel in that person's place makes it easier to say "I'm sorry."
- When someone breaks something of yours, holding a grudge and staying angry at that person only makes the situation worse.
- If you and your friend have a conflict and you're both at fault, it's easier to make up if both of you apologize.

Reading books together on the subject of forgiveness can reinforce your child's understanding of the benefits of making and accepting apologies. Here are two suggestions:



McBratney, Sam. *I'm Sorry*. HarperCollins, 2000.

McCourt, Lisa. *Chicken Soup for Little Souls: The New Kid and the Cookie Thief*. Health Communications, 1998.

K-1 Take-Home Book



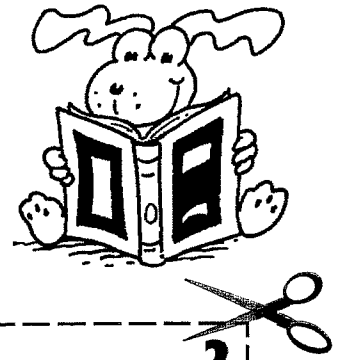
Draw pictures to go with the words.

Then cut on the dotted lines and staple the pages to make a book.



<p>1</p> <p>Chrissy and Katie were friends. Chrissy made a new friend, Serena.</p>	<p>2</p> <p>Chrissy told Katie she could not play with her and Serena. Katie felt bad.</p>
<p>3</p> <p>Chrissy thought about how she would feel in Katie's place.</p>	<p>4</p> <p>"I'm sorry," she told Katie. "We can all play together."</p>

Grade 2 Take-Home Book

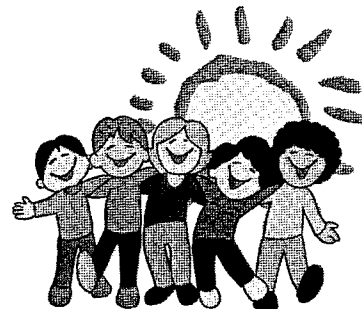


Draw pictures to go with the words.

Then cut on the dotted lines and staple the pages to make a book.

1	2
Kevin bumped into Jack's science project by accident. It landed on the floor.	Kevin said he was sorry, but Jack was mad!
3	4
Jack decided not to talk to Kevin anymore.	But holding a grudge only made the situation worse.
5	6
Jack realized he missed Kevin.	He decided to accept Kevin's apology, and they were friends again.

Suggested Reading



Books for Grades K to 2

Arnold, Tedd. *The Signmaker's Assistant*. Dial Press, 1992. Norman, the old signmaker's young assistant, takes advantage of his employer's being out of town one day and paints signs that say ridiculous things. Because the people in town are used to doing whatever the signmaker's signs instruct, they get furious at the old signmaker, until Norman apologizes and makes things right.

Bunting, Eve. *I Like the Way You Are*. Houghton Mifflin, 2000. Two best friends don't always see eye to eye, but one thing they do agree on: whatever they're doing, it's more fun when they do it together.

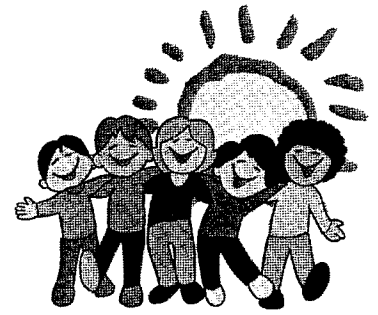
DePaolo, Paula. *Rosie and the Yellow Ribbon*. Little, Brown, 1992. A story of an interracial friendship in which two girls quarrel, but later make up.

Havill, Juanita. *Jamaica and Brianna*. Houghton Mifflin, 1993. After teasing each other about each other's boots, Jamaica and Brianna both see the hurt they caused and decide not to be mean to each other ever again.

Marshall, James. *George and Martha: The Complete Stories of Two Best Friends*. Houghton Mifflin, 1997. George and Martha just happen to be two very large hippopotamuses, but they learn the same lessons as people do about the ups and downs of friendship.

McBratney, Sam. *I'm Sorry*. HarperCollins, 2000. After a violent quarrel between a girl and a boy who have been best friends, the boy feels very sad at losing his friend and wonders if the girl does, too.

McCourt, Lisa. *Chicken Soup for Little Souls: The New Kid and the Cookie Thief*. Health Communications, 1998. When Julie mistakenly thinks that the boy next to her on the school bus has eaten her cookies, she forces herself to apologize.



McKissack, Patricia. *The Honest-to-Goodness Truth*. Simon & Schuster, 2000. Libby feels compelled to tell the honest truth to her friends and classmates, until she finds that she has hurt their feelings.

St. Germain, Sharon. *The Terrible Fight*. A terrible fight between two friends makes them realize that their friendship is too important to allow the fight to keep them apart.

Viorst, Judith. *I'll Fix Anthony*. Harper & Row, 1969. Certain that his older brother is being mean to him, a young boy dreams up the imaginative ways he'll get revenge when he is finally six.

Waber, Bernard. *Nobody is Perfick*. Houghton Mifflin, 1991. Makes kids aware that even best friends and sunny days can have shortcomings.

Wilhelm, Hans. *Let's Be Friends Again*. Crown, 1986. A boy overcomes his anger and forgives his sister for setting his pet turtle free.

Related Materials from Sunburst Visual Media, a division of Global Video, LLC

"How Would You Feel? Learning About Empathy"
15 -minute program, Grades K-2

"Put Yourself in Someone Else's Shoes"
15-minute program, Grades 3-5

"Making Friend"
16-minute program, Grades K-3

"Your Child's Friendships: Good Times, Bad Times"
30-minute program, for parents of children in Grades K-5

Script



HOST

Josh forgot his friend's football.

Erin went to sit down with her friends and accidentally pushed Carl out of the way.

Tommy was putting a straw in his juice-pack and it squirted all over Melissa.

Those situations could have all blown up into big problems. But they didn't. Know why? Two little words.

JOSH

"I'm sorry."

ERIN

"I'm sorry."

TOMMY

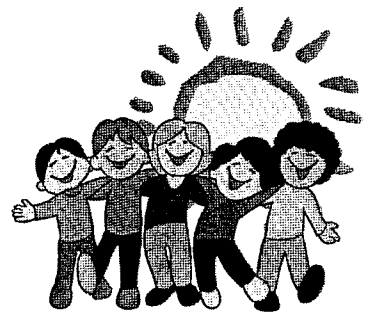
"I'm sorry."

HOST

Saying you're sorry—apologizing when you do something wrong—is just about the quickest and easiest way for friends to make up. In this program, we're going to talk about making and accepting apologies—so when you and a friend have a misunderstanding or a disagreement, or if an accident happens, you'll be able to say "Let's Make Up!"

SONG

*Let's make up
Learn to forgive and to forget
Let's make up
And become the best friends yet*



LET'S MAKE UP: LEARNING ABOUT FORGIVENESS

Part 1: Apologize When You Are Wrong

HOST

Our first story is about Breanna, Morgan, and Sarah—they're all in the same class. Breanna and Morgan live right next door to each other. They've been friends forever. Sarah just started in this school. One day on the playground, Sarah and Breanna discovered that they both take dancing lessons.

BREANNA

Wow Sarah, I take dancing lessons, too!

SARAH

My mom's signed me up at the Marla Dance School.

BREANNA

Really? That's where I go!

SARAH

I hope we'll be in the same class.

BREANNA

Me too.

MORGAN

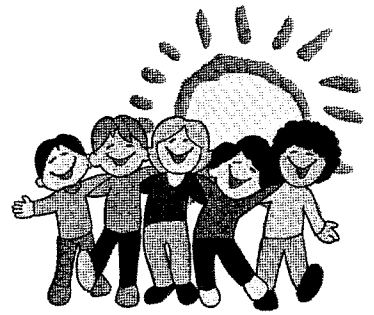
Hi, Breanna. Hi, Sarah.

SARAH

Hi.

BREANNA

Hi, Morgan.



MORGAN

You're coming over after school, right?

BREANNA

No, I can't.

MORGAN

Why not?

BREANNA

I'm going to ask my mom to take me to Sarah's. Right Sarah?

SARAH

Yeah.

MORGAN

But we already decided to play. Remember?

BREANNA

Well, I changed my mind. I'm going to Sarah's.

MORGAN

Oh...

HOST

Morgan and Breanna usually play together after school. So Morgan was kind of surprised that Breanna was acting the way she was.

MORGAN

Well, you're going to come over on Saturday, after your dance lesson, right?

BREANNA

No. See, Sarah's coming to the dance class too.



MORGAN

Oh...

BREANNA

So afterwards we're going to work on the steps together.

MORGAN

Can I come over while you do that?

BREANNA

I don't think so.

MORGAN

I don't get it. We said we were going to play.

HOST

Looks like Morgan's really upset, and Breanna doesn't even seem to care.

MOTHER

Breanna, is something up with you and Morgan?

BREANNA

No.

MOTHER

Are you sure?

BREANNA

Why?

MOTHER

Well, her mother just called. She said Morgan told her you don't want to play with her anymore.

BREANNA

I didn't say that.



MOTHER

Well, what did you say?

BREANNA

I told her I was going to Sarah's today.

MOTHER

Her mother also said something about Saturday.

BREANNA

I told her that on Saturday Sarah and I were going to be practicing after dance class—so she shouldn't come over.

MOTHER

Why can't she come, too?

BREANNA

We're going to practice. Morgan doesn't even like dancing.

MOTHER

But didn't you already make plans with Morgan?

BREANNA

So...

MOTHER

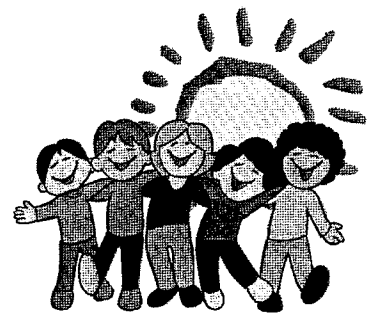
Let's get this straight. First you told Morgan you'd play together, then you changed your mind and said you wouldn't play. Is that right?

BREANNA

Yeah.

MOTHER

How do you think that made Morgan feel?



BREANNA

I don't know.

MOTHER

Well, how would you feel if one of your friends did that to you?

Try to put yourself in Morgan's place. Imagine if she just dropped you and didn't think about your feelings.

HOST

Breanna thought about what her mother said. And she realized that what she did to Morgan wasn't very nice.

BREANNA

I bet Morgan's mad at me.

MOTHER

Well, I'm sure she's upset. But more than that, she's probably hurt.

BREANNA

I bet you're right. She'll never be my friend again.

MOTHER

Oh, I don't think it means you still can't be friends.

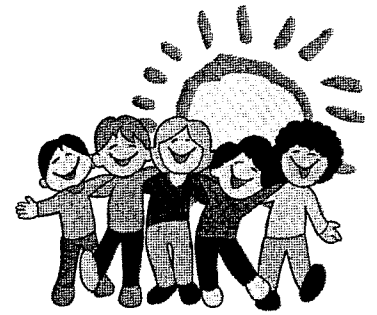
BREANNA

What should I do?

MOTHER

The first thing to do is to apologize. I'm sure if she knows how sorry you are, you'll be able to work things out.

• □ • □ •



BREANNA

I'm sorry about yesterday. I know I hurt your feelings. I didn't mean to.

MORGAN

Alright.

BREANNA

Want to come over on Saturday?

MORGAN

What about Sarah?

BREANNA

We can all play together.

MORGAN

Sure!

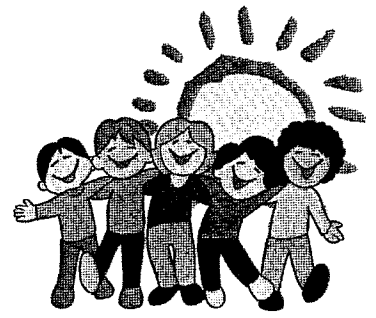
HOST

So the girls made up. Breanna apologized to Morgan. Morgan accepted the apology. And Breanna learned that it's important to treat your friends the way you'd like them to treat you. And if you slip up, well, say you're sorry.

SONG

*If you should some day hurt a friend
And you know that you were wrong
You need to apologize
So that you can get along*

*Let's make up
Learn to forgive and to forget
Let's make up
And become the best friends yet*



Part 2: Holding A Grudge

HOST

It's natural for friends to get upset with one another every once in awhile. But that doesn't mean you can't make up. Well, not long ago, Andrew got really mad at Sam. Let me tell you what happened...

SAM

Does he eat a lot?

ANDREW

Just a little.

SAM

Can I feed him?

ANDREW

Sure. I'm a little hungry too, I'll go and see what there is. Aren't you coming?

SAM

I'll be right there.

HOST

Uh, oh. Did you see that? Sam didn't close the cage door all the way.

ANDREW

Chippy! Oh no!

HOST

Well, Chippy got away. Andrew looked everywhere. He asked his older brother to help him look too, but they couldn't find Chippy. Andrew was so upset. Then he remembered that Sam was the last person to feed Chippy. He figured out that Sam must have left the cage door open, and that's how Chippy got away. And that's what was on his mind when he got to school the next day.



ANDREW

There you are! You let Chippy get away!

SAM

What?

ANDREW

You left his door open and now he's gone!

SAM

Andrew, I'm really sorry.

ANDREW

What good does that do?

SAM

Can I come over and help you look for him?

ANDREW

I already looked, and I don't want you to come over again, ever!

HOST

Well after that, Andrew wouldn't talk to Sam even though Sam tried to make up. That's called holding a grudge. Andrew just refused to accept the apology.

ANDREW

Want to play a game?

TODD

No, I'm busy. Where's Sam?

ANDREW

I'm not talking to him.



TODD

Why?

ANDREW

What do you mean why? It was 'cause of him that I lost Chippy.

TODD

He said he was sorry, didn't he?

ANDREW

Yeah.

TODD

And he even offered to come help find him.

ANDREW

So?

TODD

So, you're holding a grudge?

ANDREW

Grudge?

TODD

You know what the trouble is with holding a grudge? You can't ever forget about what happened. It's never over.

ANDREW

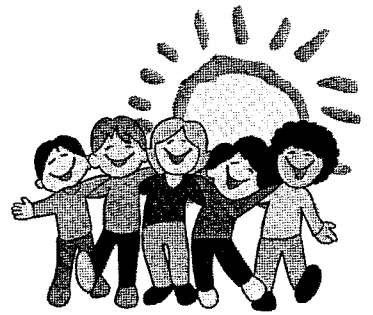
What should I do?

TODD

Call Sam up and ask him if he wants to see your new hamster.

ANDREW

But I'm still mad at him!



TODD

Looks like you're not having much fun with *that* attitude.

ANDREW

You're right. I'm not.

TODD

So holding a grudge is sort of backfiring, isn't it? Now you don't only not have Chippy, but you don't have your friend either.

ANDREW

I guess I could call him...but I'm never letting him near my new hamster.

TODD

I think he'll be more careful this time.

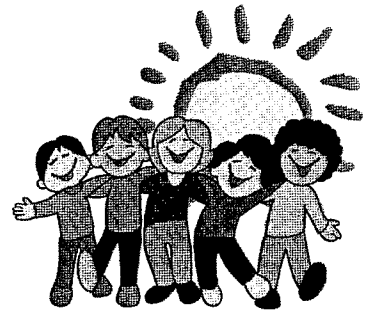
HOST

So Andrew learned that holding a grudge—not accepting an apology—
isn't the way to go. Whatever made you mad just gets bigger and bigger.
Now, Andrew might not have his hamster back, but he has his friend.

SONG

*If your friend should make a mistake
And they apologize
Don't ever hold a grudge
And that's the best advice*

*So let's make up
Learn to forgive and to forget
Let's make up
And become the best friends yet*



Part 3: It Takes Two to Make Up

HOST

We saw why it's important to apologize when you hurt someone's feelings and why it's good to accept an apology and not hold a grudge. In some situations, though, *both* sides have to say they're sorry. That's what happened with Chelsea and Josh at day camp.

CHELSEA

Josh, come on—hurry up—it's time to play soccer.

JOSH

Okay, I'm almost finished with my picture.

CHELSEA

The counselor said we have to be there now! Come on!

JOSH

Okay, I just have to close up the paint jars and put on my sneakers.

CHELSEA

You do the sneakers, I'll do the paint.

JOSH

Okay.

HOST

When it was time to go home, the kids came back to their table to get their things. As Josh picked up his picture, Chelsea knocked over one of the jars of paint. It seemed that she hadn't put the cover back on tight enough and the paint spilled all of over Josh's picture.

JOSH

Chelsea, look what you did to my picture! It's ruined!



CHELSEA

I guess the jar wasn't closed right.

JOSH

You're such a jerk!

CHELSEA

It was an accident. I didn't do it on purpose!

JOSH

What difference does that make! You're so stupid!

HOST

Josh and Chelsea were really mad at each other. He was mad because his picture was ruined, and she was mad because he called her names. What a mess. They didn't talk to each other the rest of the day.

And when camp started the next day, they still weren't talking. But then during the morning, the group went on a nature walk. And to be safe, each camper had to have a buddy to walk with. Well, it turned out that Chelsea and Josh were buddies. They were walking along, not talking to each other, when Josh fell down and got scratched by a branch. Chelsea saw that he was all right, but she could tell that it hurt.

CHELSEA

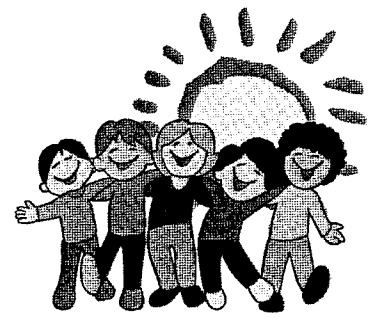
Are you okay?

JOSH

Yes.

CHELSEA

Josh, I'm sorry your painting got ruined. It really was an accident, but still I'm sorry. I should have apologized right away.



JOSH

I know it was an accident. And I'm sorry that I called you names. That wasn't nice.

CHELSEA

Okay.

JOSH

Friends?

CHELSEA

Friends.

SONG

*If you are ever hurt by a friend
And they try to apologize
Accept their apology
If you don't, it feels bad inside*

*Let's make up
Learn to forgive and to forget
Let's make up
And become the best friends yet*

HOST

So now we know that the quickest and easiest way to make up with a friend is to say you're sorry. Even if you don't mean to hurt your friend's feelings, even if whatever happened was an accident, it's important to admit when you're wrong. And if someone apologizes to you, don't hold a grudge. It just makes things worse.

So now you know—if you and a friend have a disagreement—you can say, "Let's Make Up!"

THE END

Credits



Executive Producer

Susan Eikov Green

Video Production

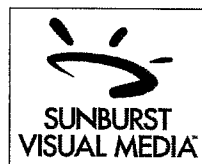
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