

Dear \_\_\_\_\_,

I am sorry for...



being loud



making dangerous choices



fighting



throwing things



not letting others learn



\_\_\_\_\_.

I was feeling...



happy



okay



upset/anxious



overwhelmed



angry

because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Next time I will...



use my words



take a break



use self talk



use deep breathing



\_\_\_\_\_ to meet our school's expectations.



Please accept my apology.

Sincerely,

\_\_\_\_\_

Date \_\_\_\_\_

