

# The SEL Interactive Read Aloud Collection

## Tulare County Office of Education

Tim A. Hire, County Superintendent of Schools

### **I'm Sorry You Got Mad** by Kyle Lukoff

#### **SEL Competencies**

**Self-Awareness** – The main character reflects on their emotions and actions after a disagreement.

**Self-Management** – The story explores how the character processes emotions like frustration and guilt.

**Social Awareness** – The book highlights how actions and words affect others' feelings.

**Relationship Skills** – The characters navigate conflict, communication, and reconciliation in a friendship.

**Responsible Decision-Making** – The story encourages readers to think about how they respond to disagreements and how to make amends.

#### **Background**

*I'm Sorry You Got Mad* is a unique and emotionally rich story told through a series of notes passed between two friends after an argument. The main character, who writes the notes, initially struggles with understanding their role in the conflict, shifting the blame to their friend. However, as the notes progress, they begin to reflect on their actions, recognize their mistakes, and seek reconciliation. The book provides an insightful look at misunderstandings, emotions, and the importance of taking responsibility for one's actions in a friendship.

The book's format—written entirely in short notes—makes it an engaging and relatable way for students to explore emotions and conflict resolution.

#### **Before You Read**

Have you ever had a disagreement with a friend? How did it make you feel?

What does it mean to apologize? Do you think saying "I'm sorry" is always enough? Why or why not?

This book is written as a series of notes instead of regular storytelling. Why do you think the author chose to write it this way?

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<p><b>While You Read</b></p> <p><b>Guiding Questions</b></p>	<p><b>(Self-Awareness - At the beginning, when the first note blames the friend)</b>          "Why do you think the main character starts the note by saying 'I'm sorry you got mad' instead of 'I'm sorry'?"</p> <p><b>(Social Awareness - When the main character tries to explain their side of the story)</b>          "Do you think the writer understands how their friend is feeling? Why or why not?"</p> <p><b>(Self-Management - As the writer continues to justify their actions)</b>          Why do you think it's sometimes hard to admit when we've done something wrong?</p> <p><b>(Relationship Skills - When the writer starts to feel bad about what happened)</b>          How can you tell that the main character is beginning to understand their mistake?</p> <p><b>(Responsible Decision-Making - When the writer realizes they might have hurt their friend's feelings)</b>          What do you think the writer should say to their friend now?</p> <p><b>(Self-Awareness - When the writer acknowledges their mistake in a new note)</b>          How has the writer's tone changed since the beginning of the book? What does that tell us?</p> <p><b>(Social Awareness - When the writer reflects on why their friend got upset)</b>          Why is it important to think about how our words and actions make others feel?</p> <p><b>(Relationship Skills - When the writer finally apologizes sincerely)</b>          What makes this apology different from the first one at the beginning of the book?</p> <p><b>(Responsible Decision-Making - When the writer asks their friend if they want to play again)</b>          Why is it important to show kindness and patience after a disagreement?</p> <p><b>(Book Format - Why the story is told through notes)</b>          Why do you think the author chose to tell this story using notes instead of regular paragraphs? How does it make the story feel more real?</p>
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After Reading	<p><b>Apology Letter Reflection</b></p> <ol style="list-style-type: none"><li>1. <b>Discussion:</b> As a class, talk about the difference between a sincere apology and a forced one.</li><li>2. <b>Partner Reflection:</b> Pair students up and ask them to share a time when they had to apologize to someone or when someone apologized to them.</li><li>3. <b>Writing Activity:</b> Have students write their own short apology letter (real or fictional) where they:<ul style="list-style-type: none"><li>○ Acknowledge what they did wrong</li><li>○ Express how the other person might have felt</li><li>○ Offer a way to make it better</li></ul></li><li>4. <b>Sharing (Optional):</b> Students can share their letters with a partner or keep them as personal reflections.</li></ol> <p>Note: This activity can be modified and done as a shared writing activity</p>