



Making It Right

A mistake is usually an accident, but we still need to take responsibility. How can you fix it and make a different choice next time?

Responsibility

Holds Oneself Accountable



Mindfulness Principle: Put It in Neutral

Skills Focus: First, identify a mistake or poor decision-making behaviors. Second, understand how to make atonement for a mistake or poor decision-making behaviors.

- 1 • Sometimes we may display poor decision-making behaviors, such as running down the hallway or speaking too loudly in class. Take a moment to think about some of the poor decision-making behaviors you may have displayed. Did you correct those behaviors on your own?
- 2 • Close your eyes and imagine you have made a poor decision in your behavior. Think of something specific. Now imagine that you changed your behavior to fit with what is expected in the situation. Maybe you slow down to walk in the halls, or you lower your voice in class.
 - Notice how you feel when you correct your own behavior. Do you feel a sense of peace or satisfaction?
 - We all make mistakes. It's okay. Let's all say out loud together, "I made a mistake."
 - Turn to the person next to you and take turns saying "I made a mistake."
 - After someone admits to a mistake, we can respond, "It's okay."
- 3 • When we make a mistake, we can notice how our mistakes affect ourselves and friends. Being able to say "I made a mistake" can help us all feel better and move on.
 - We can take steps to make it right by putting our behavior in neutral, thinking about how something should be completed properly, and trying our best to move forward.