TELL SOMEONE YOU’RE SORRY
If you’ve done something that makes a friend or family member upset, saying you’re sorry can help them forgive you. A meaningful apology will also make you feel better about your mistake. Here’s how to do it.

1. Get specific. Rather than just saying, “I’m sorry,” admit to the thing you did. For instance, if your brother is mad that you rode his bike, say, “I’m really sorry that I took your bike without asking.”

2. Recognize their feelings. If you broke your sister’s toy figurine, tell her you understand that now she can’t play with it. If you called a friend a mean name, say you know that the name was hurtful.

3. Look ahead. Finish your apology by saying what you will do differently in the future. For example, you could tell your brother, “Next time I’ll ask you if I can use your bike.” If your parents are upset that you skipped your chores, tell them that you will do more next week.

Make a cardboard vase

**What you need**
- Ruler
- Cardboard
- Scissors
- Pencil
- Paint
- Paintbrush
- Masking tape
- Tacky glue
- Empty yogurt cup, spice jar, or mustard jar

**Instructions**
1. With a ruler, draw a vase, using only straight lines, on cardboard. Cut vase out and trace it onto another piece of cardboard. Cut that one out. These are the front and back sides of the vase.
2. Measure the side edges of the vase shape from the bottom to the top. (You will cut a piece of cardboard for each section to create the sides of the vase.) Then measure the width of your recycled cup or jar to determine the width of the side pieces.
3. Use the measurements from Step 2 to cut strips of cardboard for side sections.
4. Paint each piece of cardboard on both sides and let dry completely.
5. Lay front piece of vase face down on work surface. Stand the matching side piece along the edge at a right angle. Adhere the pieces on the inside of right angle using a short length of masking tape. Move up the sides of the vase, repeating this method until all of the vase sides are taped in place.
6. Apply glue on the top of the cut edges of the vase sides. Place backside of vase on top, lining up edges. Let dry.
7. Paint decorative details onto vase. Place over cup or jar of water. Add flowers.

ECO TIP OF THE WEEK

Family parties are a fun way to mark milestones, such as birthdays and graduations. Unfortunately, celebrations can create a lot of waste. With a little planning, though, you can produce less trash. Instead of using disposable wrapping paper to wrap a gift, consider using leftover fabric from craft projects or paper from magazines you’ve finished reading, such as past copies of The Week Junior. Replace latex balloons, which can be harmful to animals if not disposed of correctly, with more eco-friendly decorations. You could use construction paper to make a paper chain. Or decorate with natural items such as flowers or greenery that you find outdoors.

How to...