F  Find the time to listen to others when they are saying sorry

O  Offer the hand of friendship when somebody admits that they have made a mistake

R  Realise that we are all human and that we all make mistakes sometimes

G  Give someone a hug to make them feel better after they have apologised

I  Invite someone to play with you again to show that you have forgiven them

V  Value a friendship with a person who admits when they are wrong

E  Each and every one of us becomes a better person when we learn how to say sorry and how to forgive