

“I-MESSAGE” PRACTICE

Directions: Read the following examples. Imagine they were happening to you; then, write your own “I-Message” for each example.

EXAMPLE

Your mum is making you cut your hair before you visit your grandparents. But you want your hair to stay how it is.

I feel upset
 when you make me change my hairstyle
 because I like the way my hair looks.

Fill in the blanks for the following I-Messages:

1. A teammate has been making fun of the shoes you wear to practice.

I feel _____
 when you _____
 because _____

2. Your classmates won't let you join their game at lunchtime.

I feel _____
 when you _____
 because _____

3. Your sibling calls you a “nerd” because you like to read.

I feel _____
 when you _____
 because _____