

“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 mom 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.

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 recess.

I feel _____

when you _____

because _____ .

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

I feel _____

when you _____

because _____ .