

Emotions and “I” Messages

Step 1: Say how you feel.

Step 2: Say what is bothering you.

Step 3: Say what you would like to happen.

Fill in the blanks to complete the “I Feel...” Messages to go along with the scenarios.

Scenario 1-

Your friend was playing rough with you at the playground and knocked you down.

I feel _____ when you _____.

I would like _____.

Scenario 2-

Your little brother or sister wouldn't help you pick up the toys after you made the mess together.

I feel _____ when you _____.

I would like _____.