

I-MESSAGE BUILDER



I can express my feelings and needs
in a kind and respectful way! ♥



Use the sentence below to build your I-Message!

♥ I feel _____ ☹ when _____
💭 because _____. ☆ I would like _____.

Practice with these situations! ☆

1



A friend cuts in line.

♥ I feel _____ ☹ when _____
💭 because _____. ☆ I would like _____.

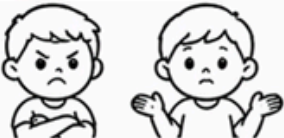
2



Someone ignores you
when you talk.

♥ I feel _____ ☹ when _____
💭 because _____. ☆ I would like _____.

3



A sibling takes your
thing without asking.

♥ I feel _____ ☹ when _____
💭 because _____. ☆ I would like _____.

My Turn!

♥ I feel _____ ☹ when _____
💭 because _____. ☆ I would like _____.