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For helpful ideas and free resources, please check out my website!

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Please click on the link below to access the digital activity:

https://docs.google.com/presentation/d/1a8ibyCIMZeL5OniY_8LRnbqEqZHMVCU4BoycWxB60/copy

General Google Slides Directions:

- 1. Please sign in with your Google account.**
- 2. Please click "make a copy" and a copy of the activity will automatically be saved to your Google Drive.**
- 3. If you are using Google Classroom, please assign the activity as an assignment to your students.**
- 4. If you distance learning but not using Google Classroom, you can post the resource to the virtual platform that you are using, or email the link directly to students. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the activity will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.**

How to Use the Digital Activity:

IMPORTANT NOTE: PLEASE USE THIS ACTIVITY IN "EDIT MODE," THE WAY IT LOOKS WHEN YOU FIRST OPEN THE DOCUMENT. PLEASE DO NOT USE IT IN FULL-SCREEN "PRESENTATION MODE."

1. This lesson teaches students about how to solve small problems themselves using an I-Message. Students learn and practice the 3-step process for using an I-Message. On the "I felt" page, students can drag the circle to show how they would feel in that situation. 10 examples are included at the end of the activity that ask students to read a scenario and type an appropriate I-Message in the text box.
2. Questions? Please contact me at laura@musiccitycounselor.com.
3. PS I so appreciate when you please leave feedback on my resources. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

TERMS OF USE:

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- Make copies for the purchaser's classroom AND share copies with other educators within their school building
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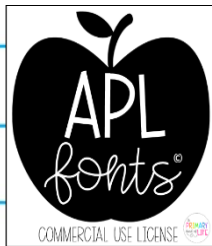
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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments! I'd love to hear from you!

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