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

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[www.musiccitycounselor.com](http://www.musiccitycounselor.com)

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

<https://docs.google.com/presentation/d/1M6DemCO9XKorYPO5RPhD7azI2ebDx7AU5crtWMR6hnk/copy>

## **General Google Slides Directions:**

1. Please sign in with your Google account.
2. Please click "make a copy" and a copy of the lesson will automatically be saved to your Google Drive.
3. If you are using Google Classroom, please assign the lesson to your students.
4. If you are not using Google Classroom, you can post the resource to the virtual platform that you are using, email the link directly to students, or use the presentation in-person on your device.
5. 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," NOT IN FULL-SCREEN "PRESENTATION MODE."**

This presentation teaches students the 3-step process to using an I-Message for solving small problems. It compares the process of using an I-Message to making a pizza. Here are the steps involved in both:

1. Step 1: Explain how you feel. (Knead and roll out the dough).
2. Step 2: Describe what happened. (Spread on the sauce).
3. Step 3: Share what would help you feel better. (Sprinkle on the cheese).

After the instructional piece, the presentation offers 4 small problems to help students practice using I-Messages. They can type their I-Message in the box that says "Type here."

A PowerPoint and printable resources are included in the zip folder, too!

Questions? Please contact me at  
[laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com).

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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments! I'd love to hear from you!

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