

MUSIC city COUNSELOR

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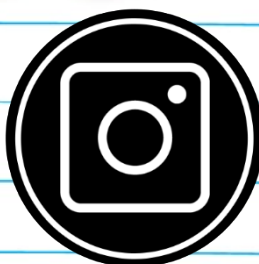


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www.musiccitycounselor.com

ASCA MINDSETS & BEHAVIORS

Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.
- M2: Sense of acceptance, respect, support, and inclusion for self and others in the school and environment.

Behavior Standards:

- B-LS 2: Creative approach to learning, tasks, and problem-solving.
- B-SMS 2: Self-discipline and self-control.
- B-SMS 7: Effective coping skills.
- B-SS 1: Effective oral and written communication skills and listening skills.
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary.

DIRECTIONS:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

1. Please review the PowerPoint or digital for Google Slides presentation with students.
2. Please review the instructional posters with students and display them in your space.
3. Please play the "Let's Make I-Messages Pizzas" activity with students.
4. Please complete a worksheet or coloring page of your choice.

PowerPoint Presentation:

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 students learn the 3-step process, the presentation provides 4 sample small problems for students to try to solve using an I-Message. They can talk through these with a partner or as a whole class.

Posters:

Printable posters are provided that teach the 3-step process for using I-Messages. They can be used in instruction and displayed in your space!

Let's Make I-Messages Pizza Activity:

This interactive activity is provided in a separate file. It lets students practice solving small problems using an I-Message by making I-Messages pizzas! It is offered in both full color and black/white so please only print the pages that you need.

Please see the sample images included in the file.

To set up the activity, please cut out the pizza pan, crust, sauce, cheese, and scenario cards. As shown in the image, you may choose to put a hook-and-loop fastener dot on the crust, sauce and cheese. Then, put the other side of the hook-and-loop fastener dot on the back of each scenario card. This makes the activity interactive and reusable.

To play, please lay out all of the scenario cards on a table in front of students. Please put the pan, crust, sauce, and cheese in front of students in a line, in order. Students first choose a red "when" card. They place it on the "when" sauce. Then, they choose a brown "I felt" card that shows how they would feel if the small problem on the "when" card happened to them. They place it on the "I felt" crust. Then, they choose a yellow "can you please" card that would help them solve the small problem and place it on the cheese. Finally, they read aloud the I-Message they have created. Then, they can put it together like a pizza (pan → crust → sauce → cheese).

You can choose to play this game with a whole classroom of students on a projector, with a small group of students, or in centers.

Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included to close the lesson. They are included in both full color and black/white so please only print the pages that you need.

POSTERS

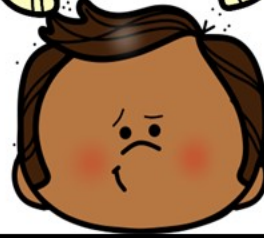
I-MESSAGES PIZZAS

1

Explain how you feel.



I felt



2

Describe what happened.



when



3

Share what would help you feel better.



Can you please?



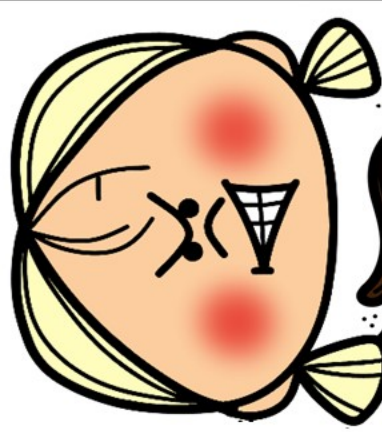
Stop



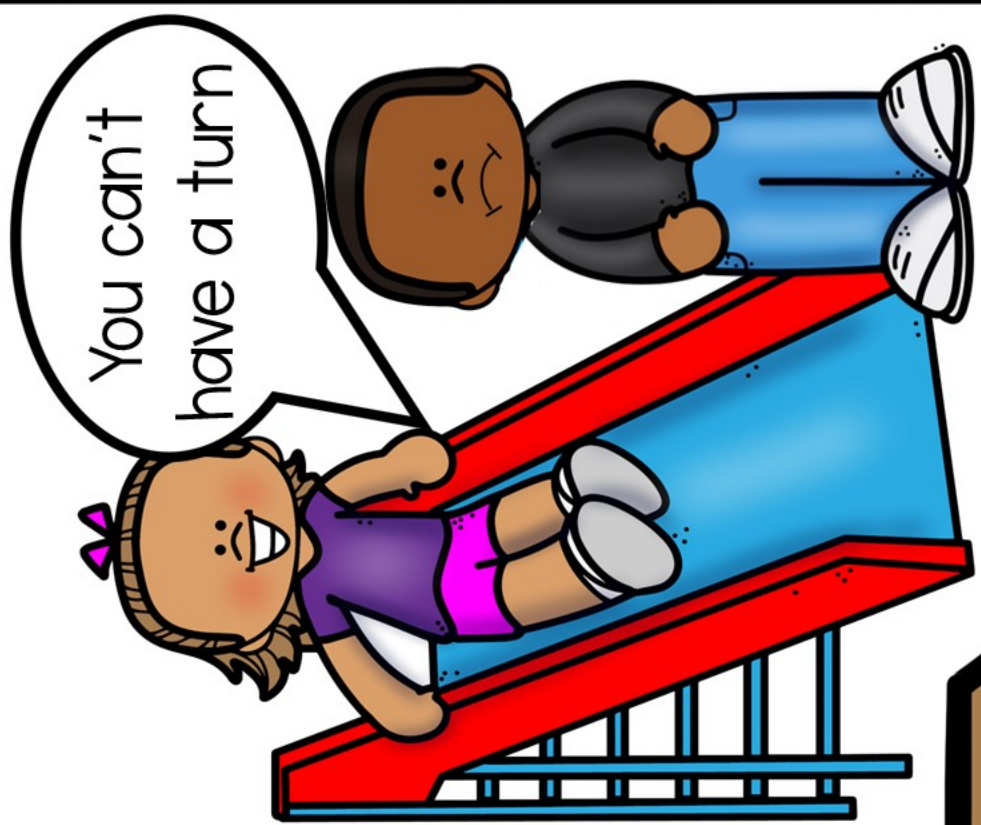
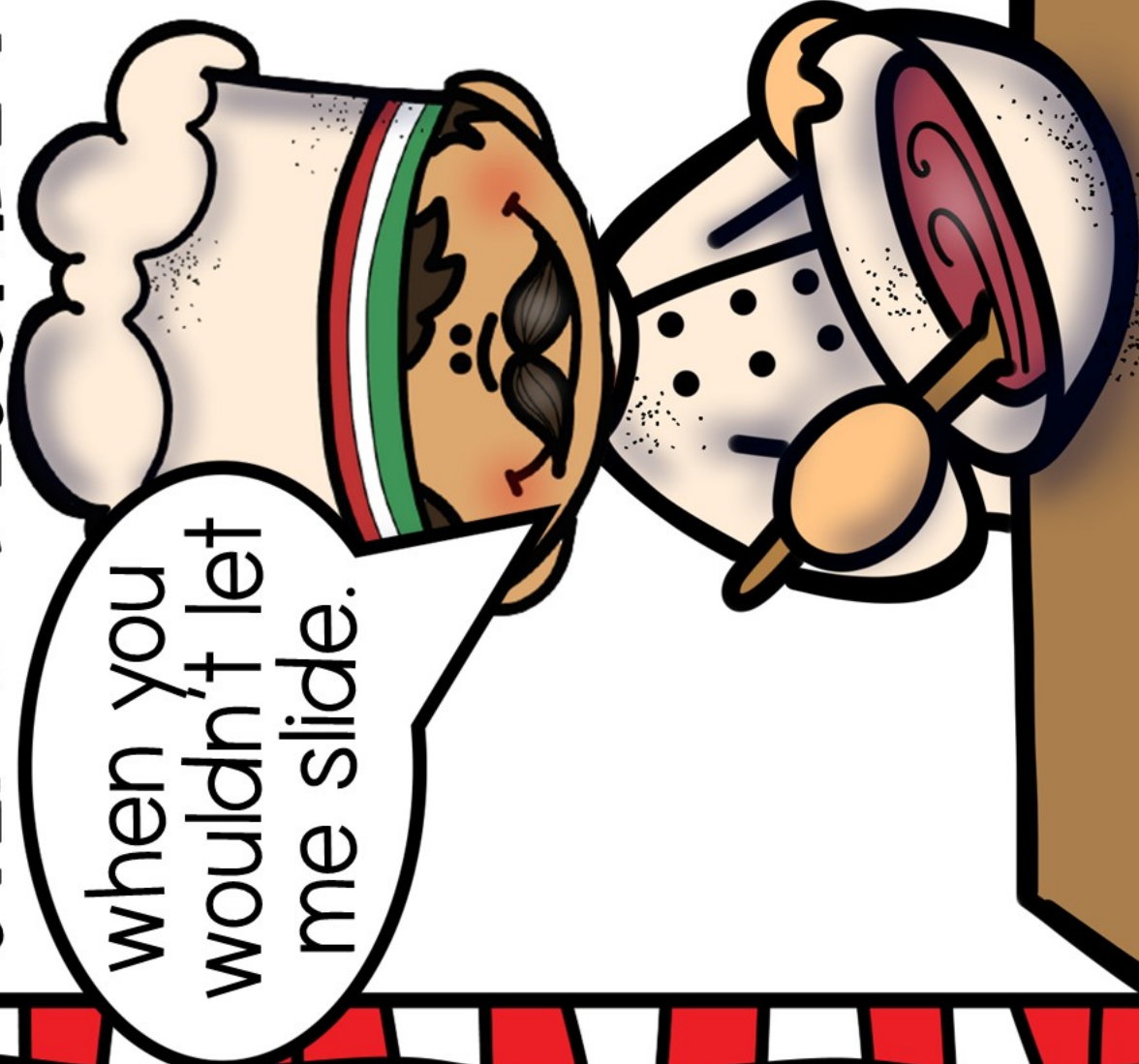
STEP 1: EXPLAIN HOW YOU FEEL.



I felt
sad

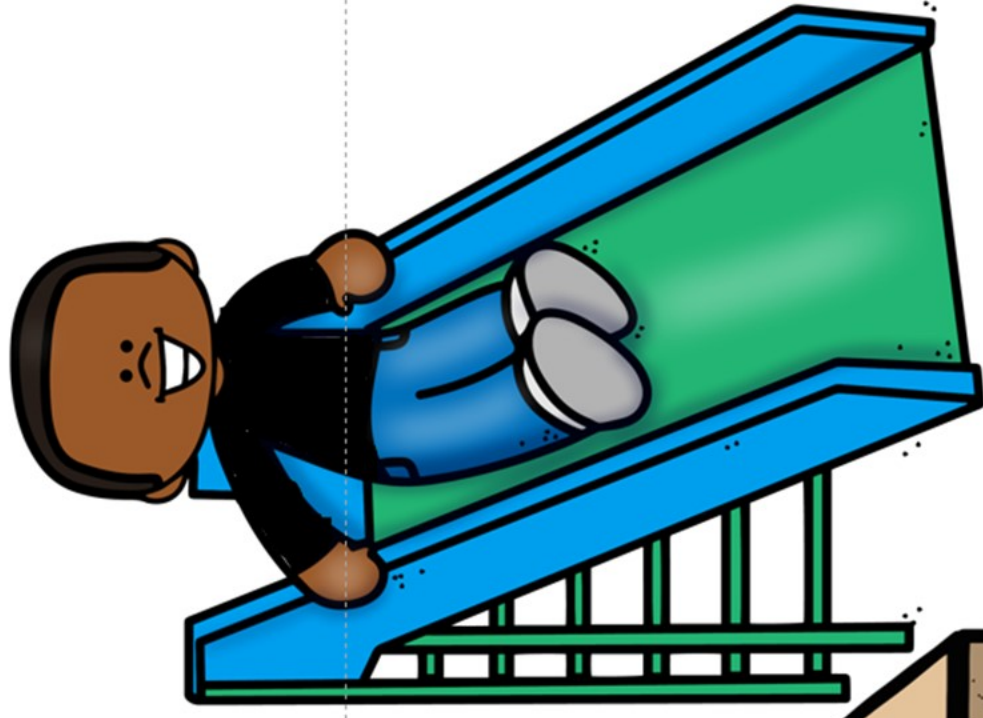
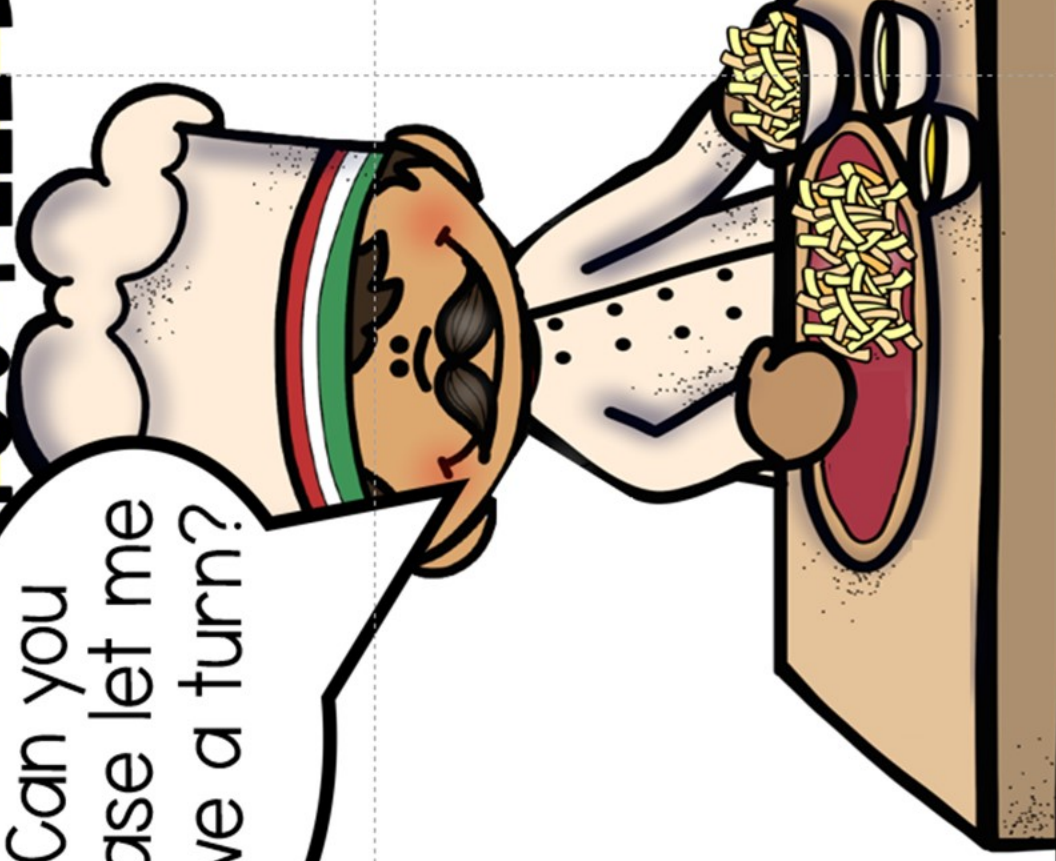


STEP 2: DESCRIBE WHAT HAPPENED.



STEP 3: SHARE WHAT WOULD HELP YOU FEEL BETTER.

Can you
please let me
have a turn?



WORKSHEETS & COLORING PAGES

I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Timothy said you can't sit with him on the bus.



1

Explain how you feel.

I felt _____

2

Describe what happened.

when _____

3

Share what would help you feel better.

Can you please _____

?

I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Sarah Beth used unkind words in P.E. class.



1

Explain how you feel.

I felt _____

2

Describe what happened.

when _____

3

Share what would help you feel better.

Can you please _____

?

I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Carlos played too rough at recess.



1

Explain how you feel.

I felt _____

2

Describe what happened.

when _____

3

Share what would help you feel better.

Can you please _____

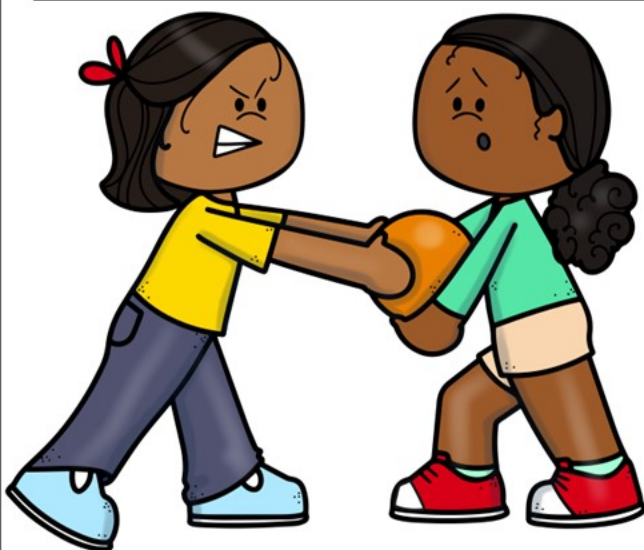
?

Name: _____

I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.







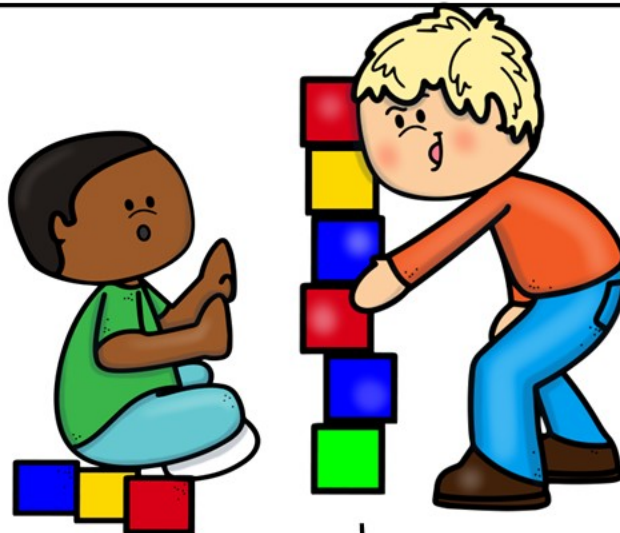
Name: _____

I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.



I felt _____ when _____
_____. Can you
please _____
_____?

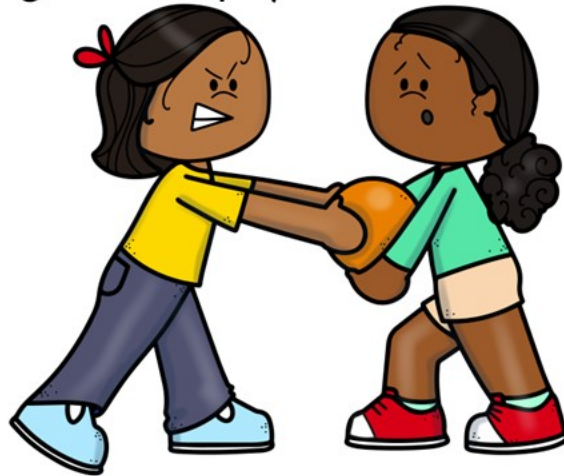


I felt _____ when _____
_____. Can you
please _____
_____?

Name: _____

I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.



I felt _____ when _____
_____. Can you
please _____
_____?

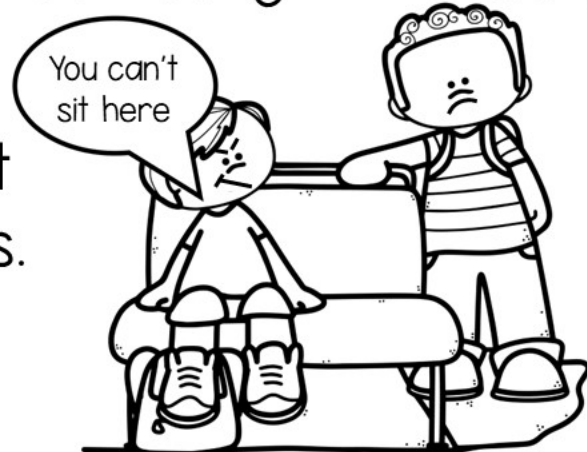


I felt _____ when _____
_____. Can you
please _____
_____?

I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Timothy said you can't sit with him on the bus.



1

Explain how you feel.

I felt _____

2

Describe what happened.

when _____

3

Share what would help you feel better.

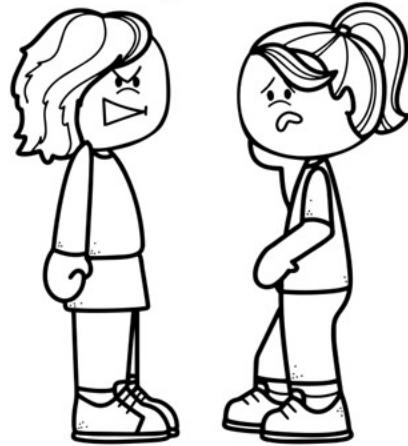
Can you please _____

?

I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Sarah Beth used unkind words in P.E. class.



1

Explain how you feel.

I felt _____

2

Describe what happened.

when _____

3

Share what would help you feel better.

Can you please _____
_____?

I-MESSAGES PIZZAS

Solve the small problem below using an I-Message.

Carlos played too rough at recess.



1

Explain how you feel.

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Describe what happened.

when _____

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Share what would help you feel better.

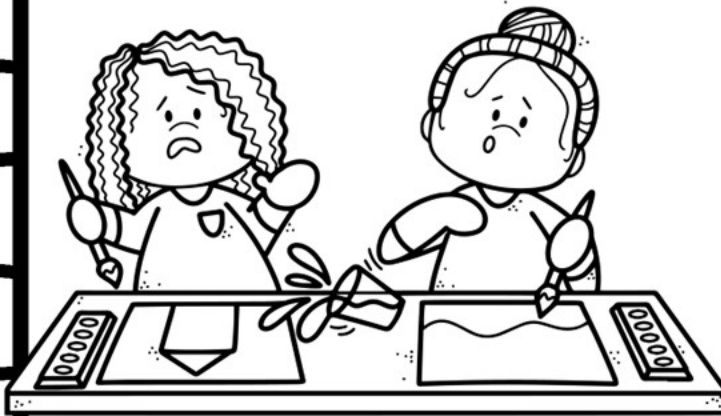
Can you please _____

?

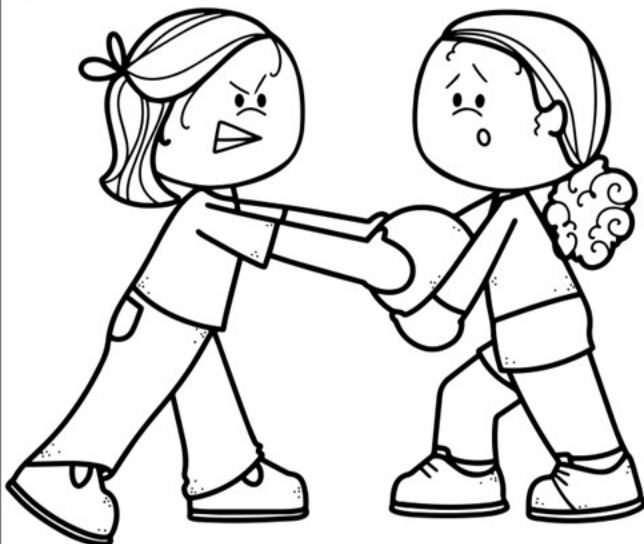
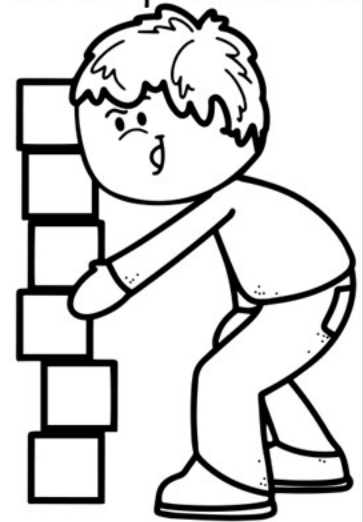
Name: _____

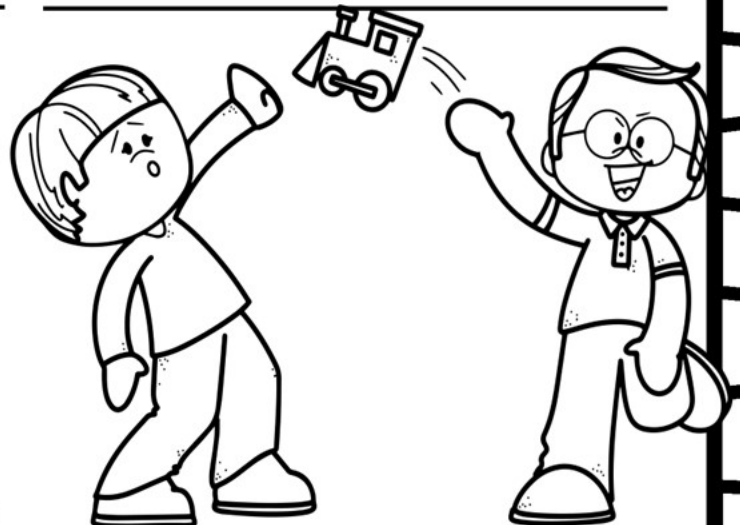
I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.









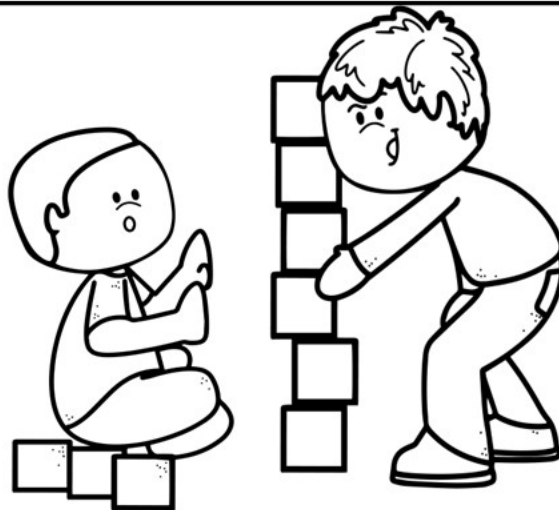
Name: _____

I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.



I felt _____ when _____
_____. Can you
please _____
_____?

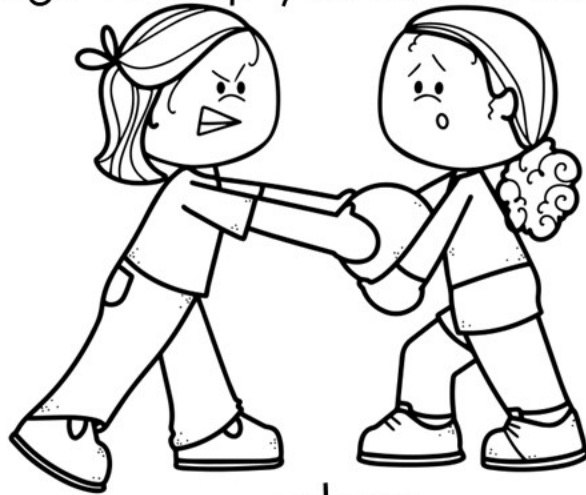


I felt _____ when _____
_____. Can you
please _____
_____?

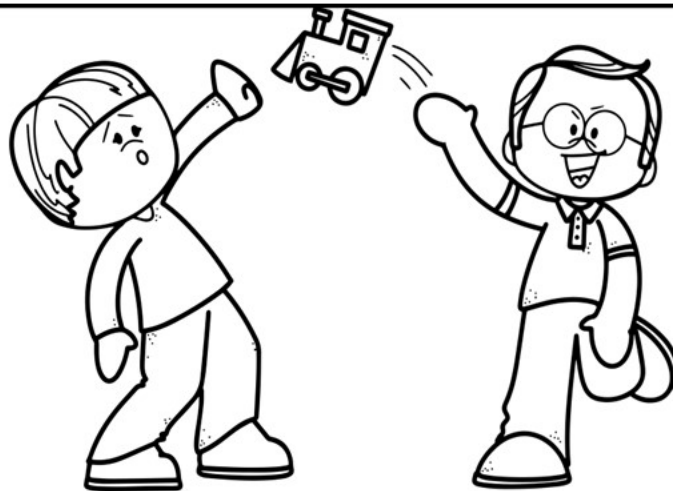
Name: _____

I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems.



I felt _____ when _____
_____. Can you
please _____?
_____?



I felt _____ when _____
_____. Can you
please _____?
_____?

Name: _____

I can make I-MESSAGES PIZZAS!



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