

# MUSIC city COUNSELOR

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Please contact me any time at  
[laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) if you have  
questions, suggestions, or requests for  
resources! I am here for you!

let's connect!



For helpful ideas and free resources, please check out my website!  
[www.musiccitycounselor.com](http://www.musiccitycounselor.com)

# DIRECTIONS:

## Let's Make I-Messages Trains Activity:

All aboard the I-Messages Train! This interactive activity lets students practice solving small problems using an I-Message with a fun train theme! It is offered in both full color and black/white so please only print the pages that you need.

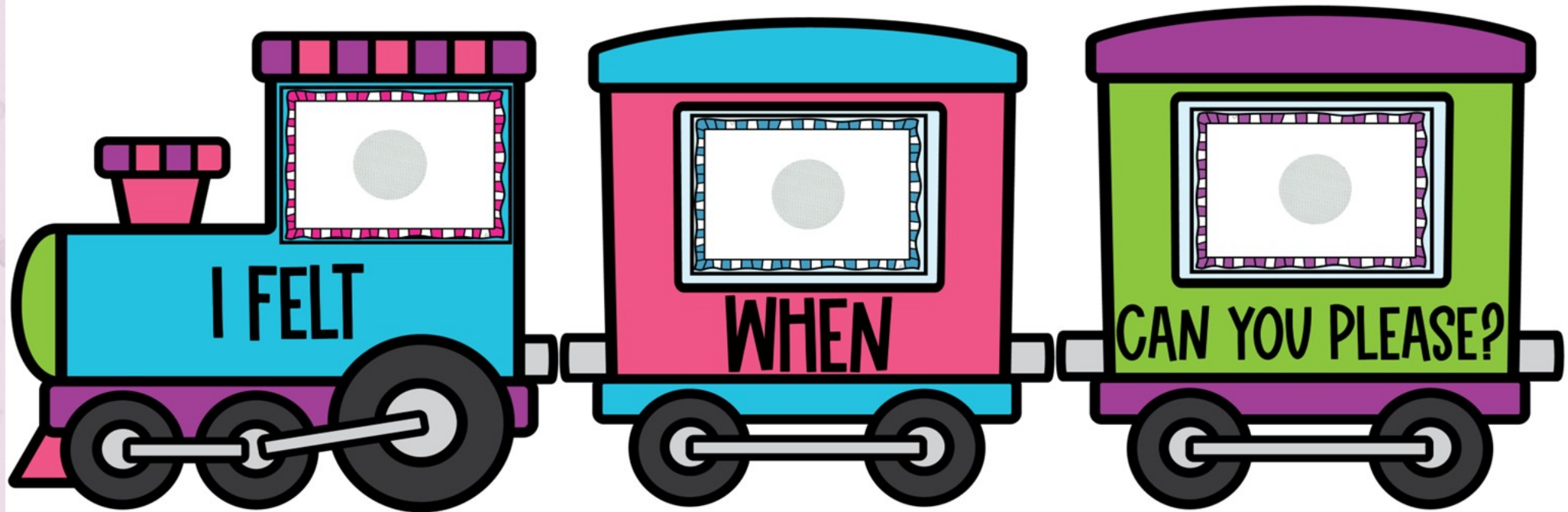
Please see the sample images on the next slide.

To set up the activity, please cut out the 3 train cars and scenario cards. You may choose to put a hook-and-loop fastener dot on the middle of the blank card on each train car (as shown in the sample). 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 3 train cars in front of students in a line, connected to each other, in order. Students first choose a blue "when" card. They place it on the "when" train car. Then, they choose a pink "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" train car. Then, they choose a purple "can you please" card that would help them solve the small problem and place it on the "can you please?" train car. Finally, they read aloud the I-Message they have created. 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.



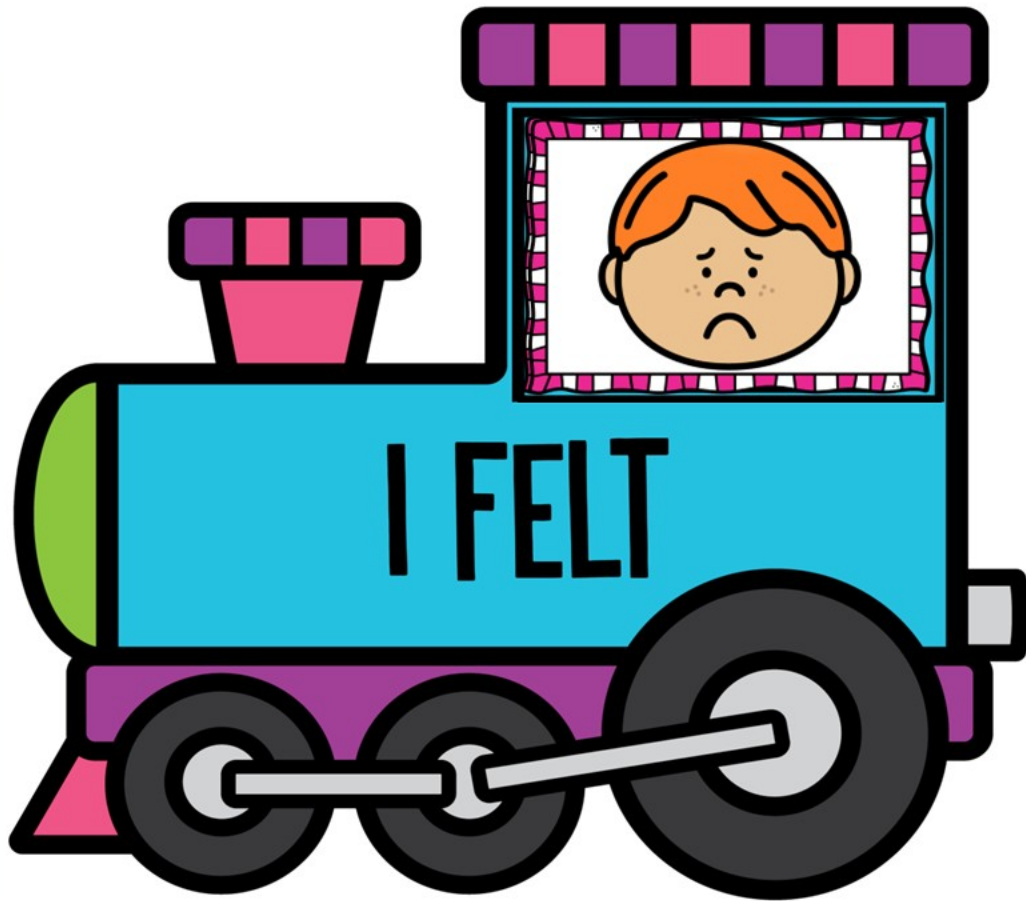
**HOOK AND LOOP FASTENER DOTS GO HERE**



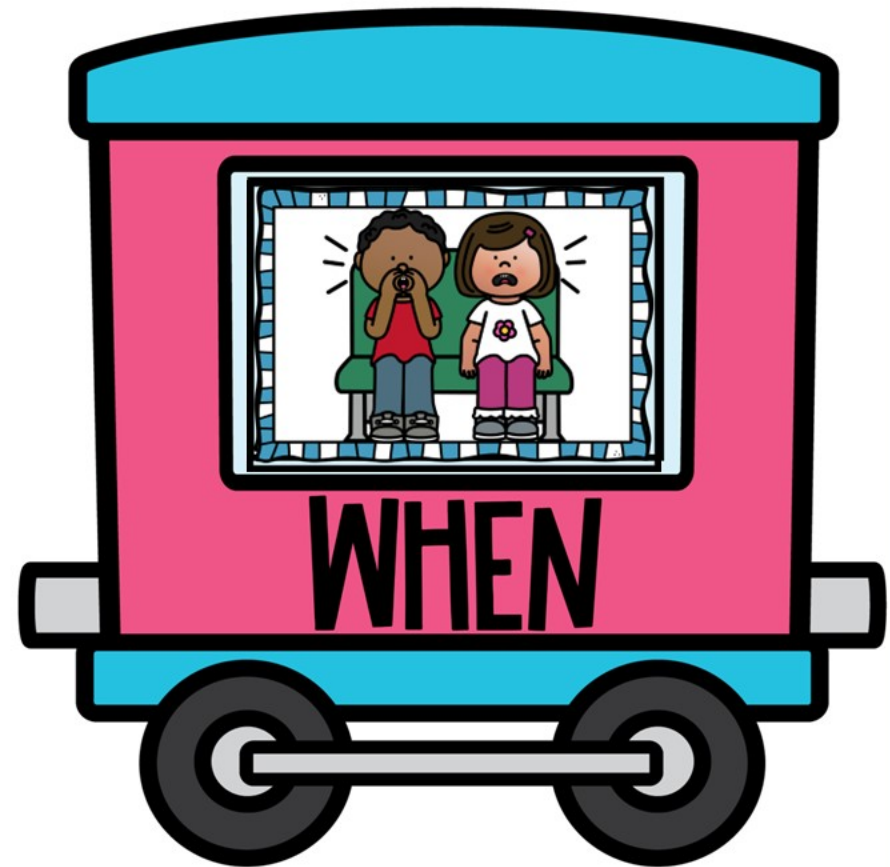
**AND ON THE BACK OF EACH CARD**

**SAMPLE:**

**STEP 1:**



**STEP 2:**





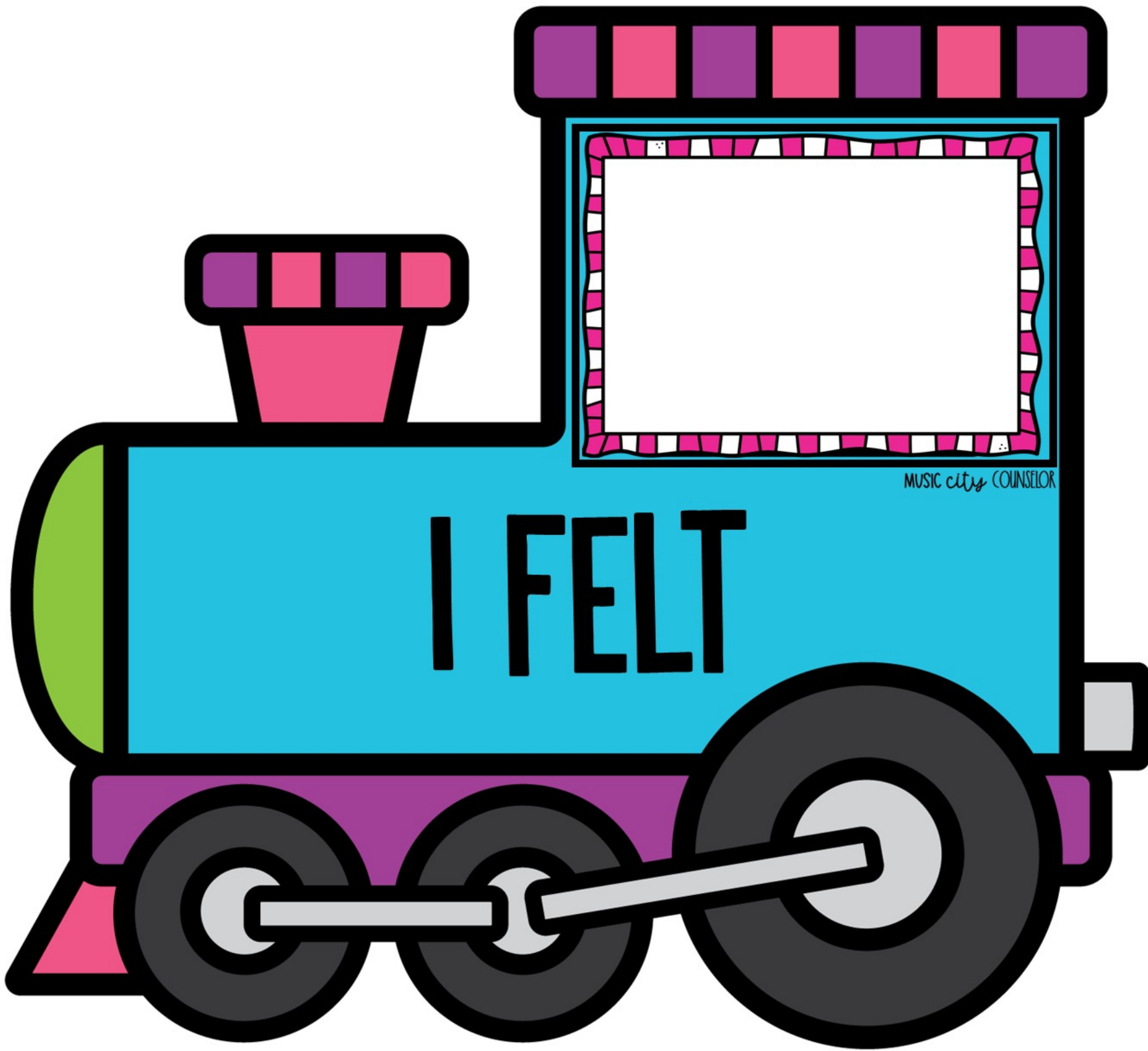
**SAMPLE:**

**STEP 3:**



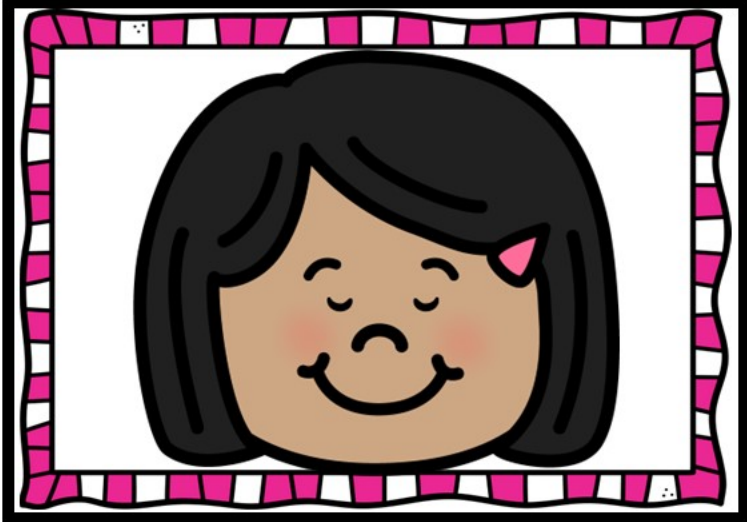
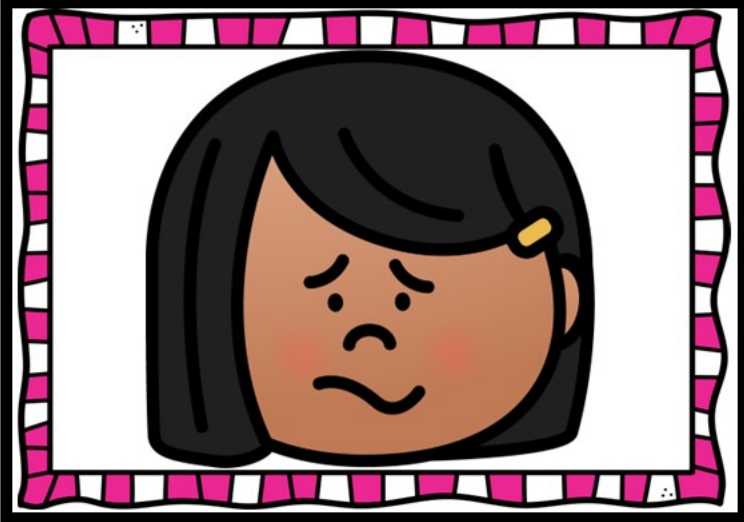
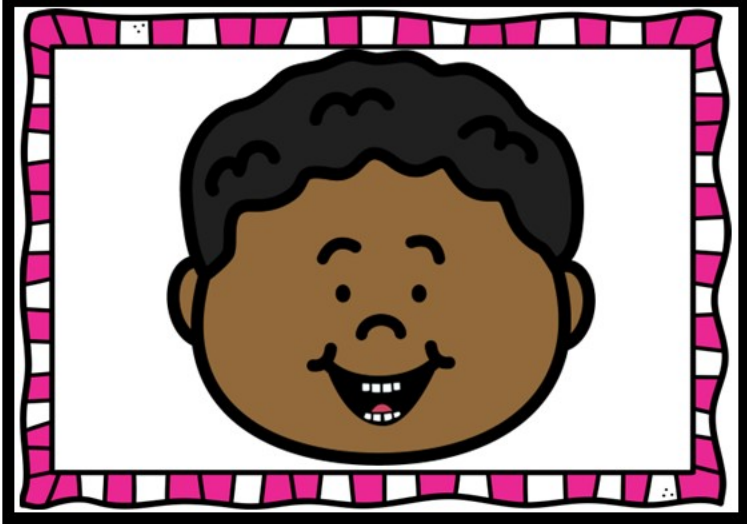
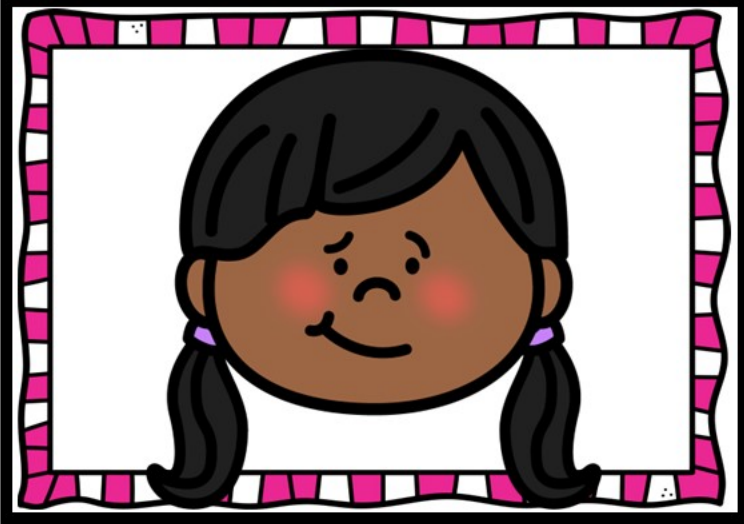
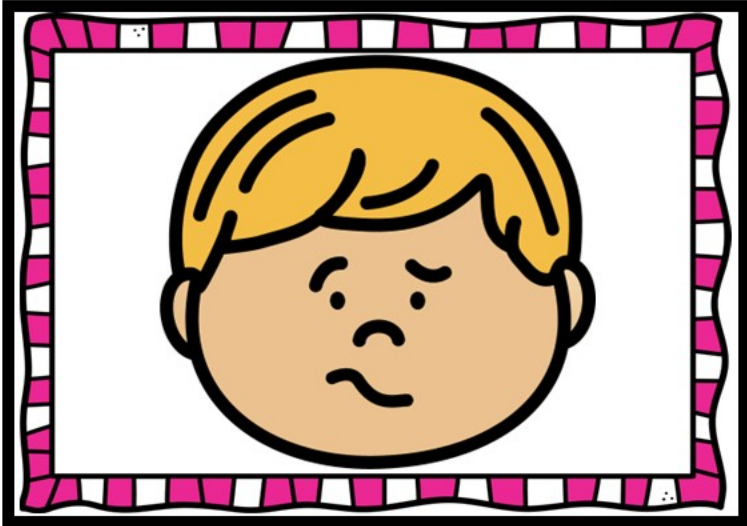
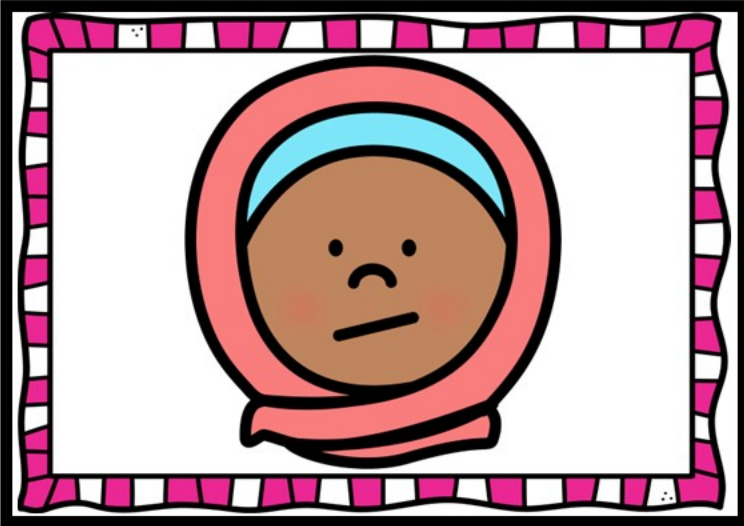
**FULL  
COLOR**

# TRAIN CAR 1

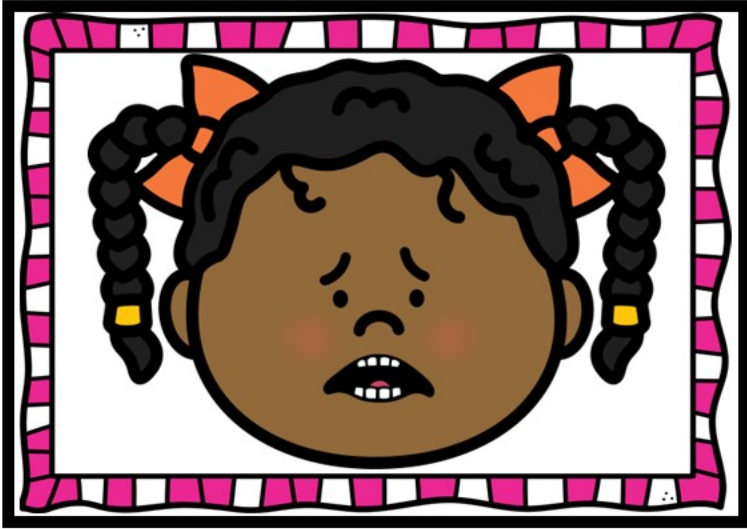
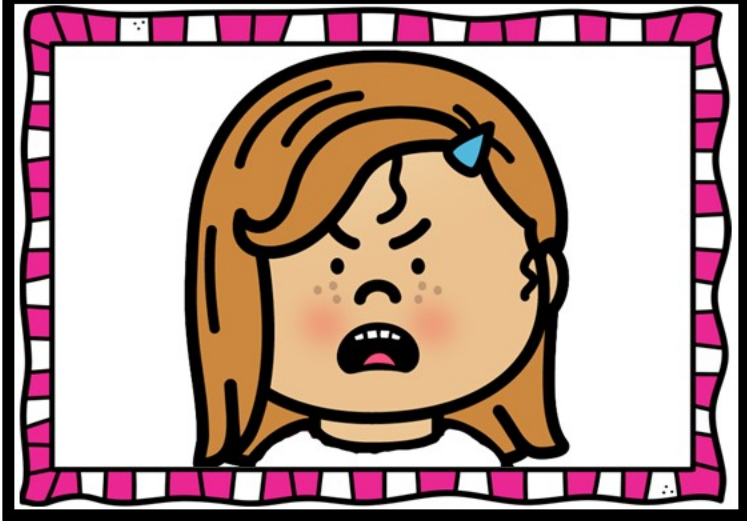
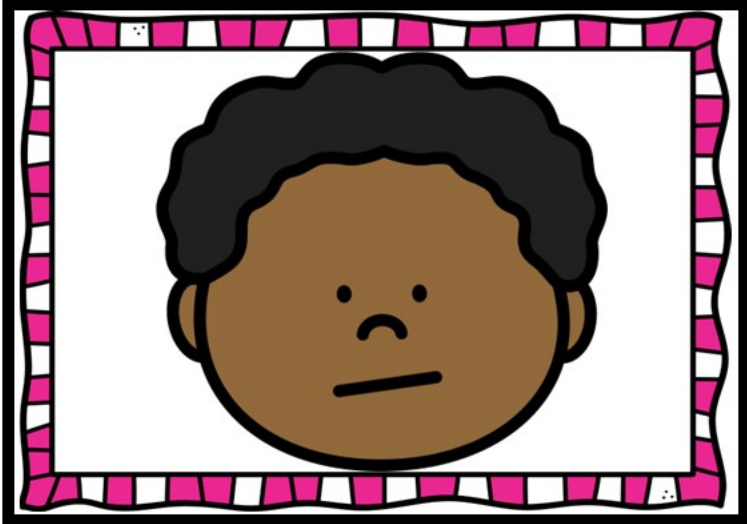
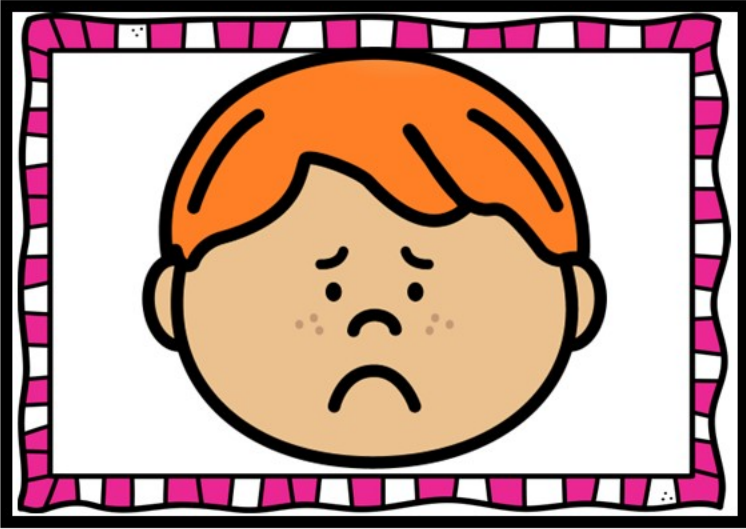
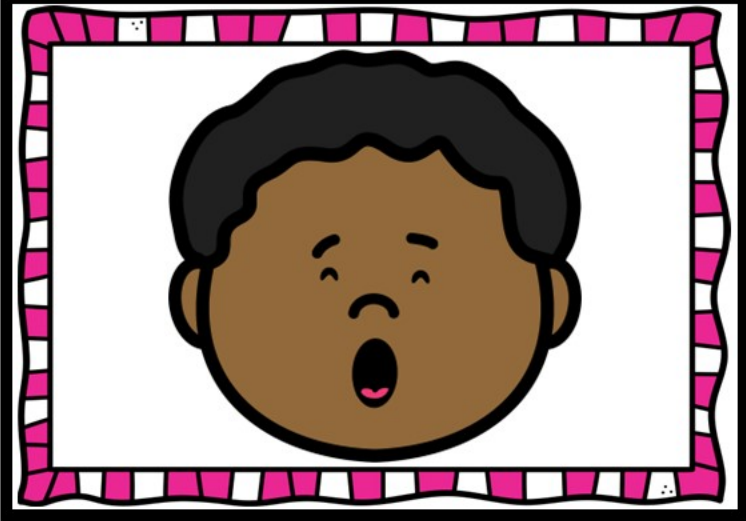
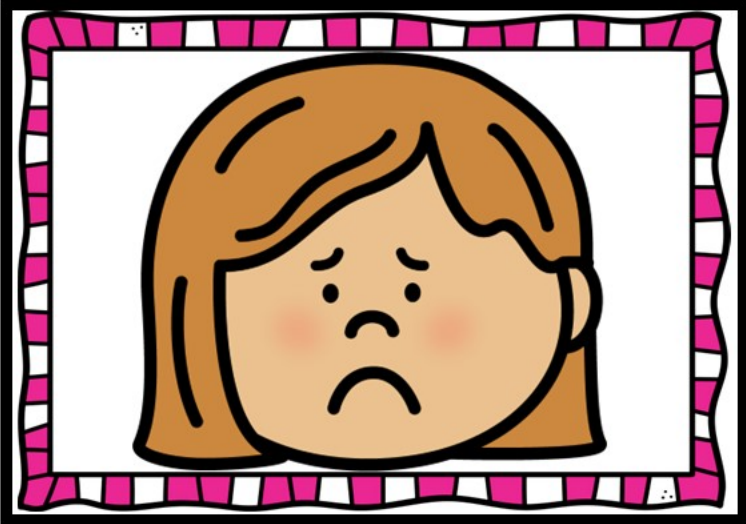




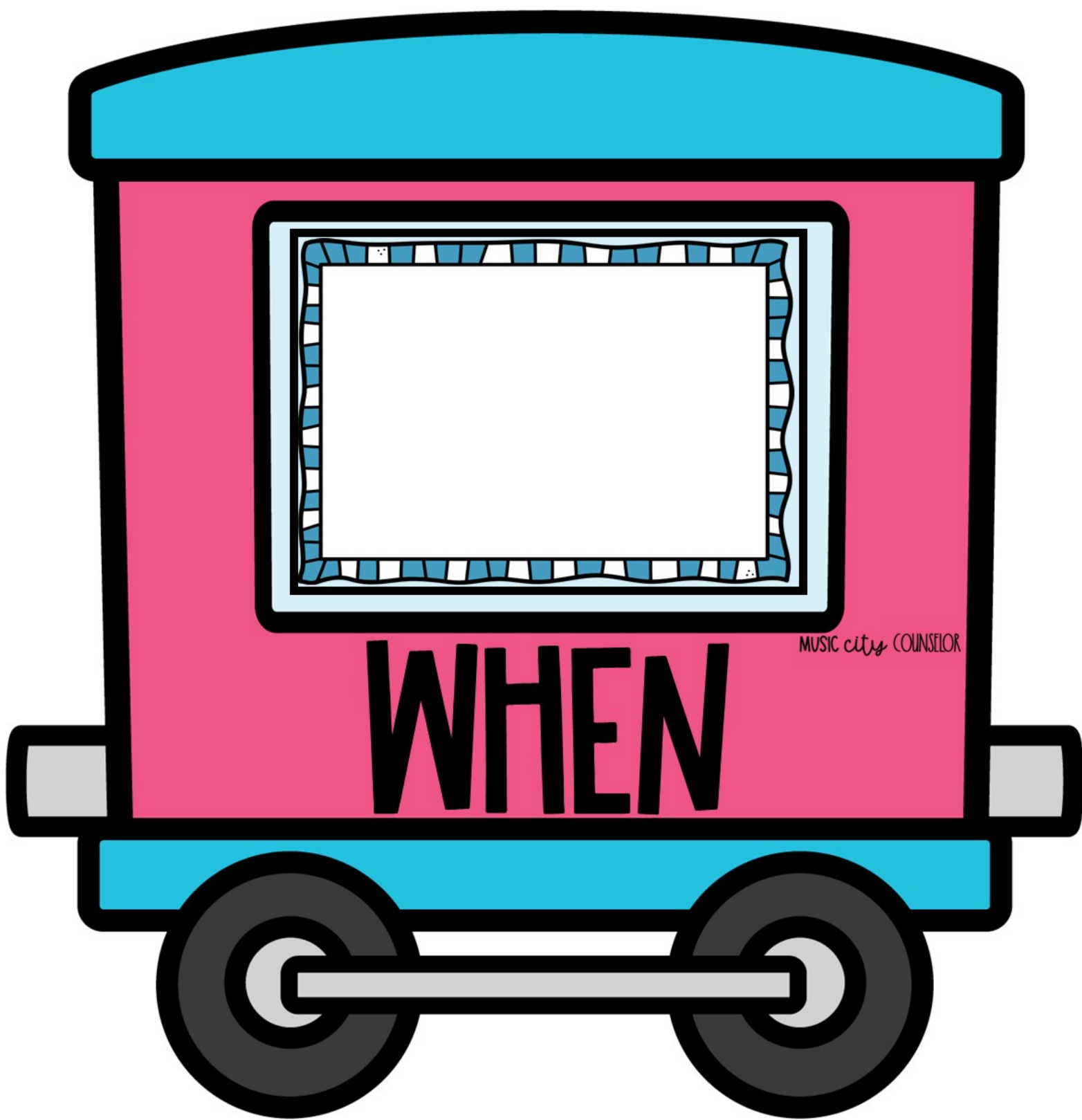
# I FELT CARDS



# I FELT CARDS

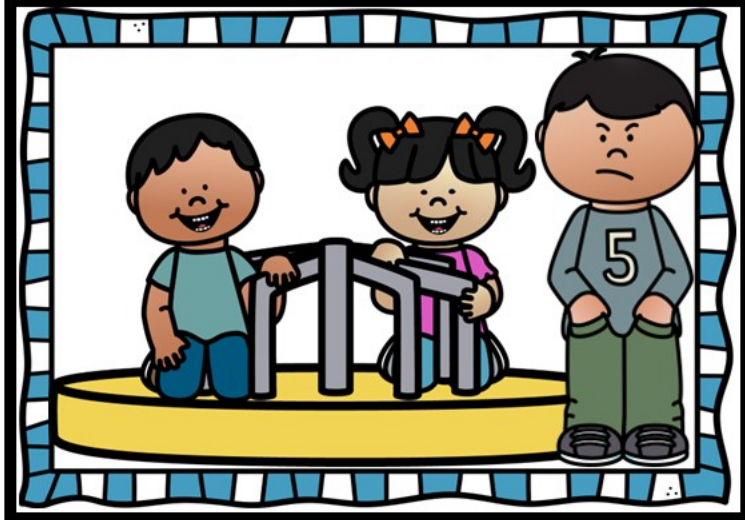
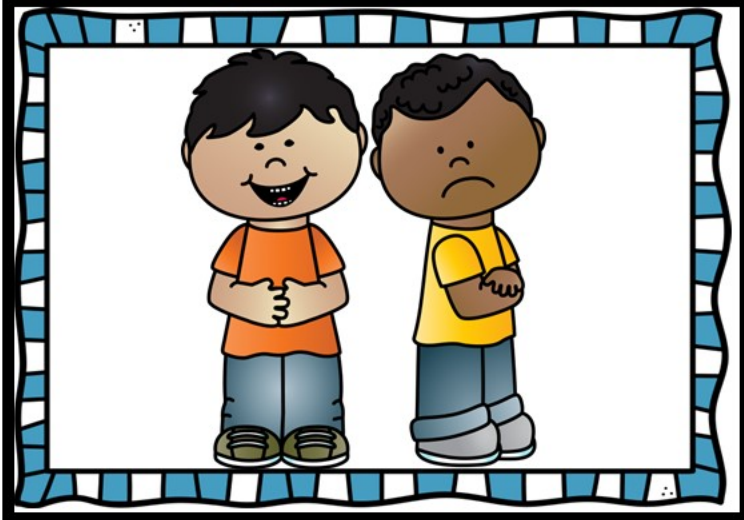
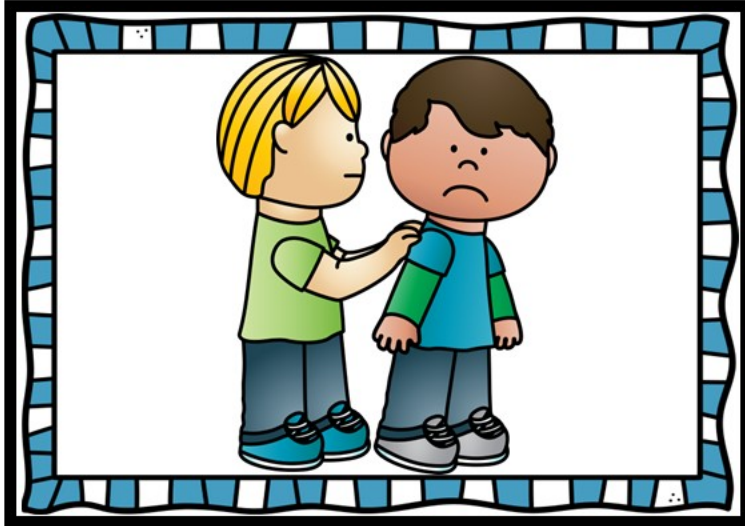


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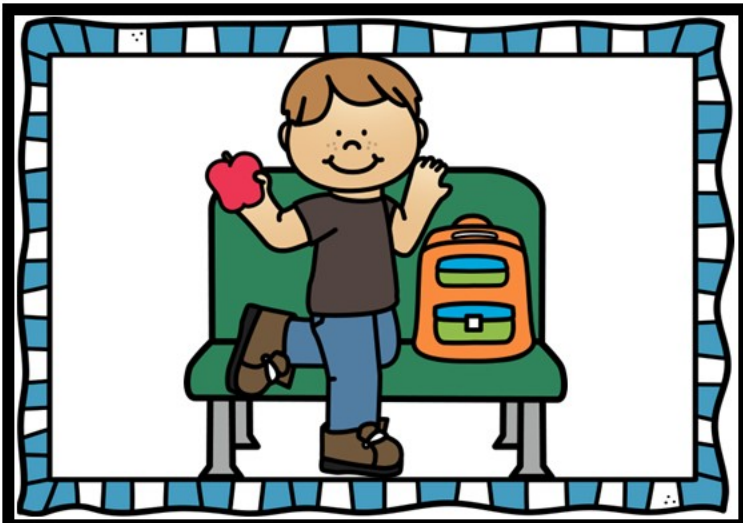
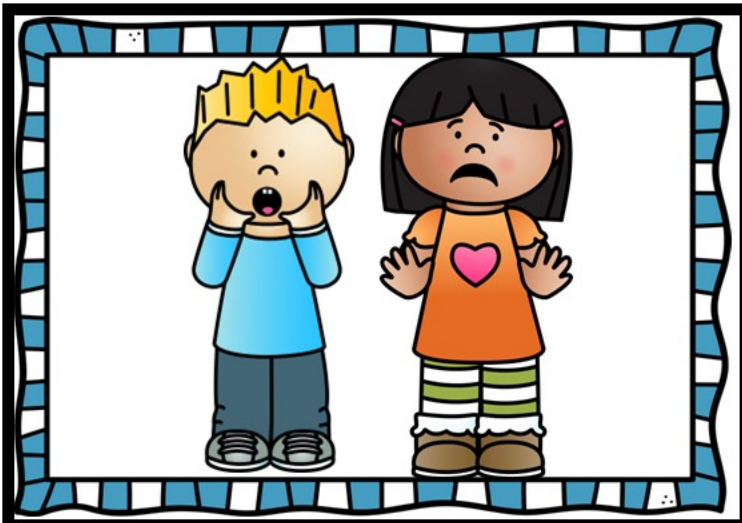
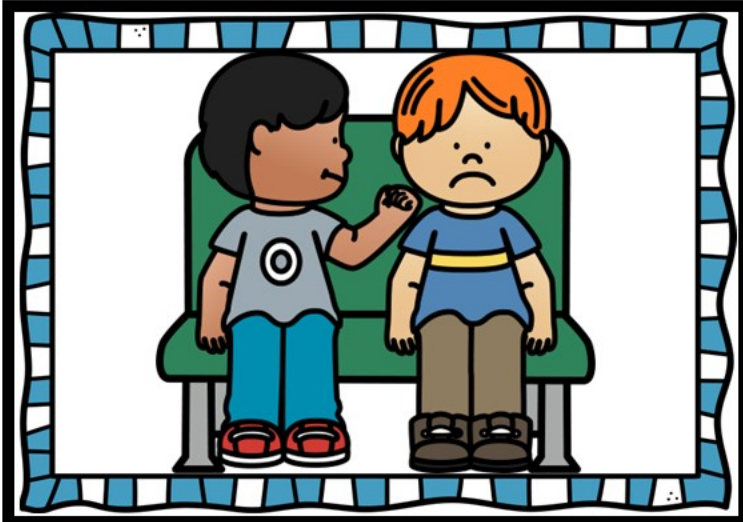
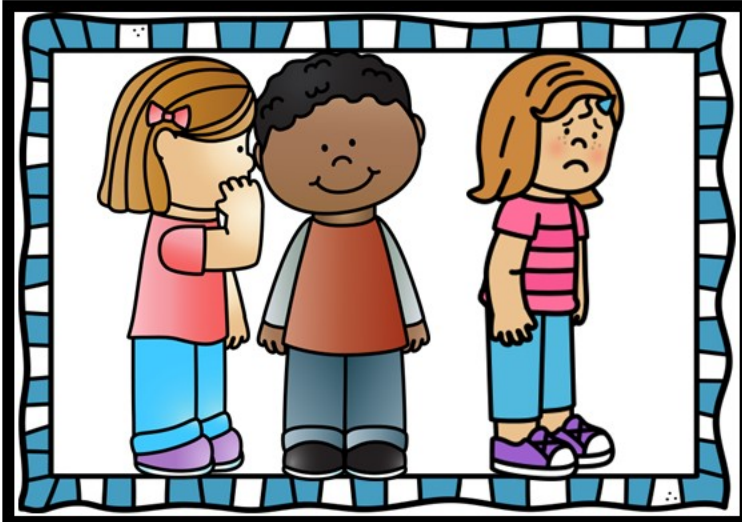


# WHEN CARDS



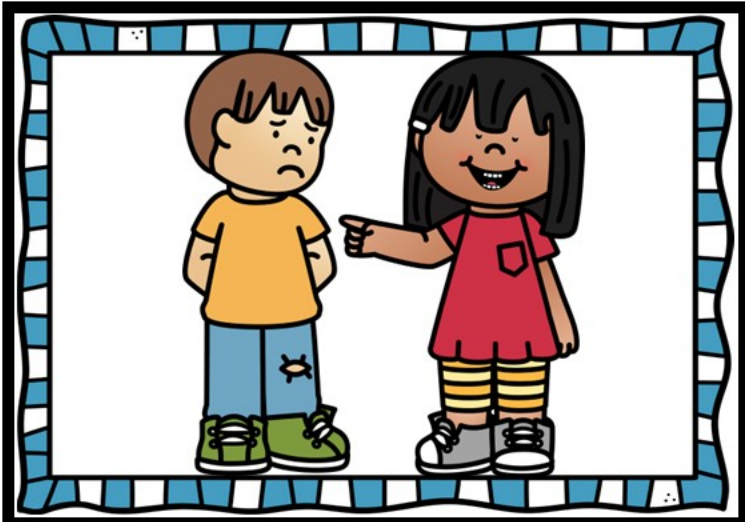
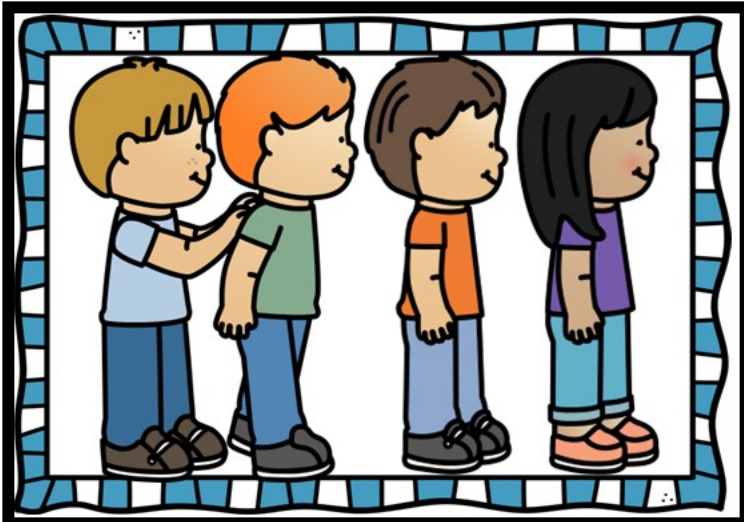
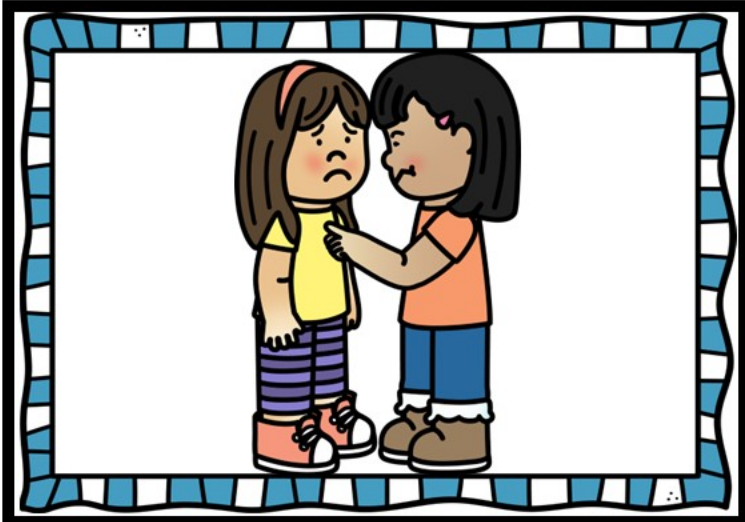


# WHEN CARDS



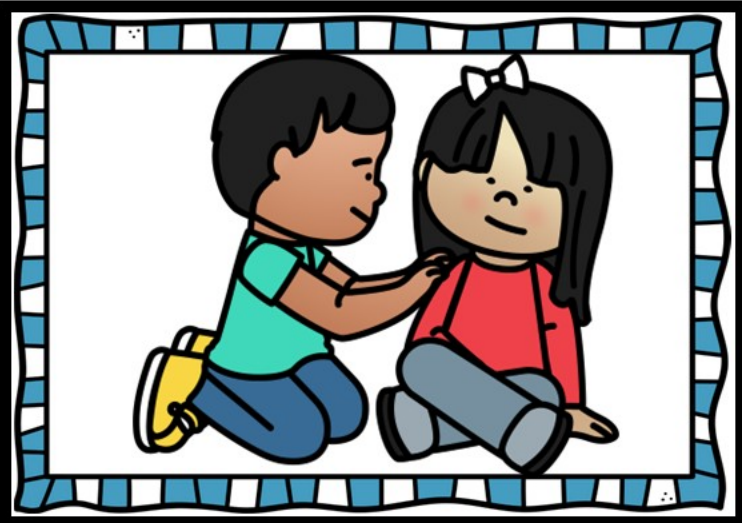
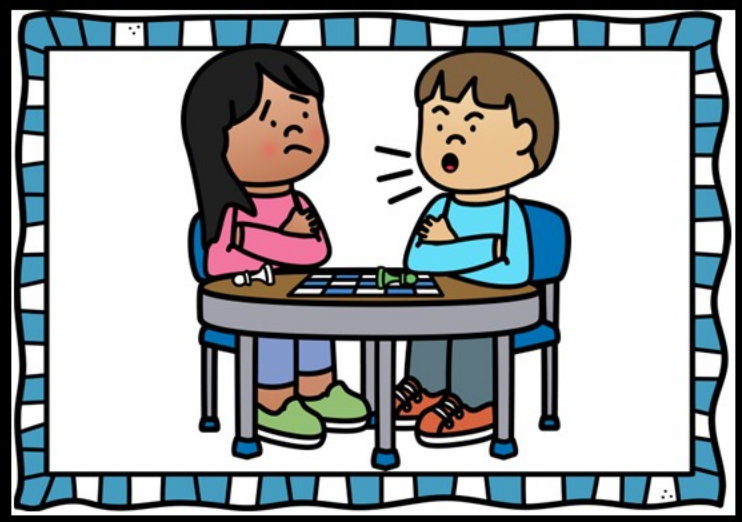
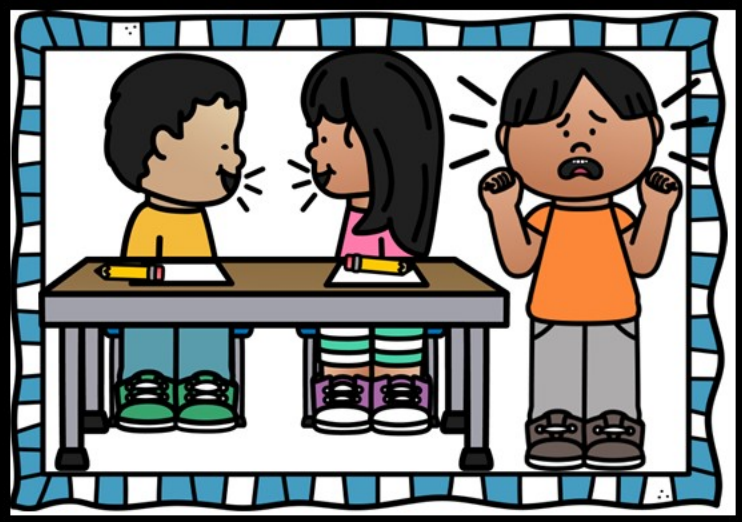
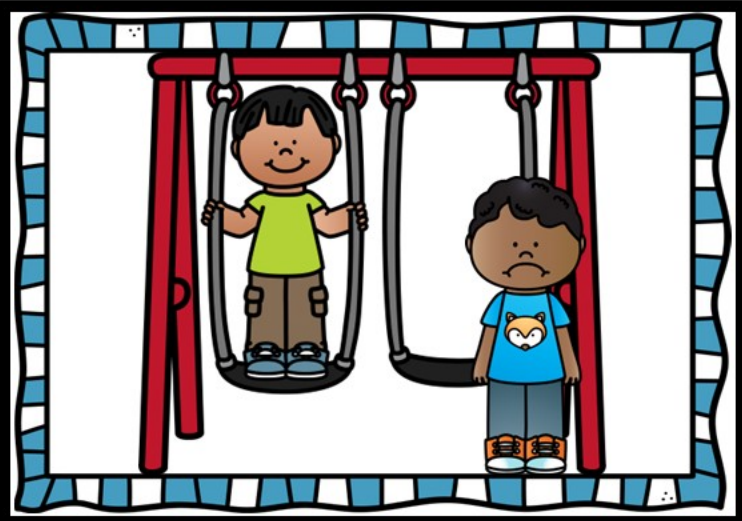


# WHEN CARDS





# WHEN CARDS

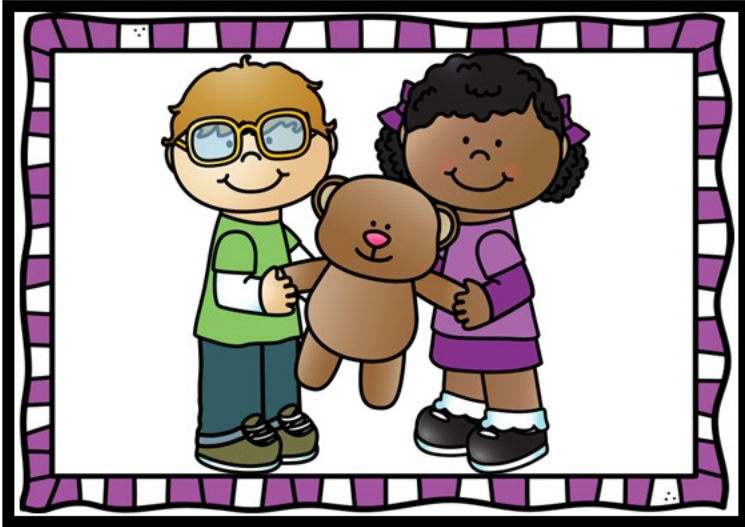


# TRAIN CAR 3



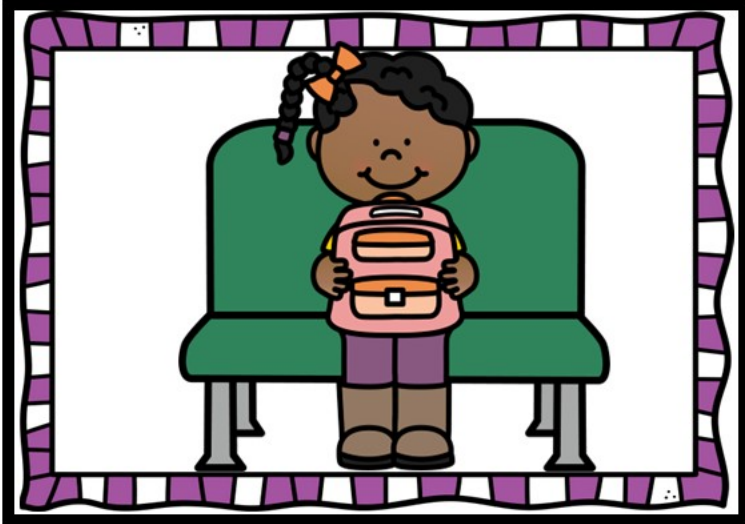
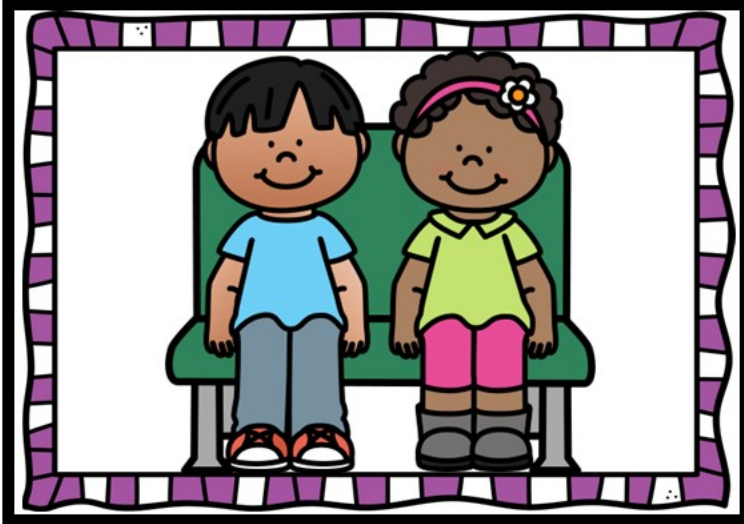
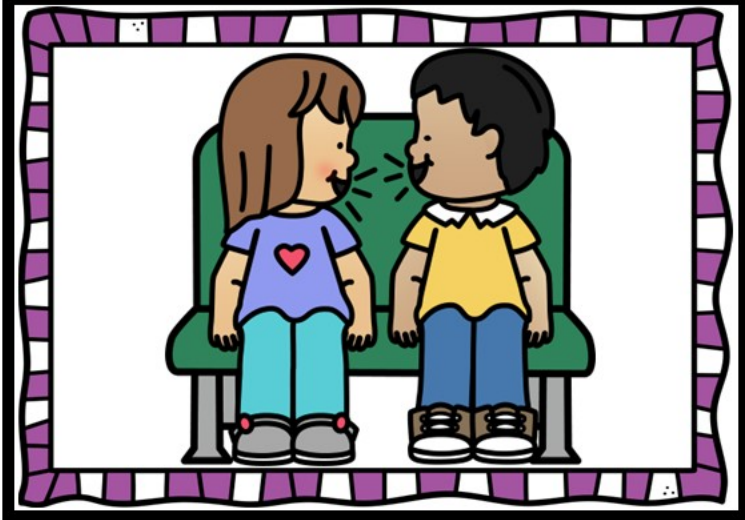
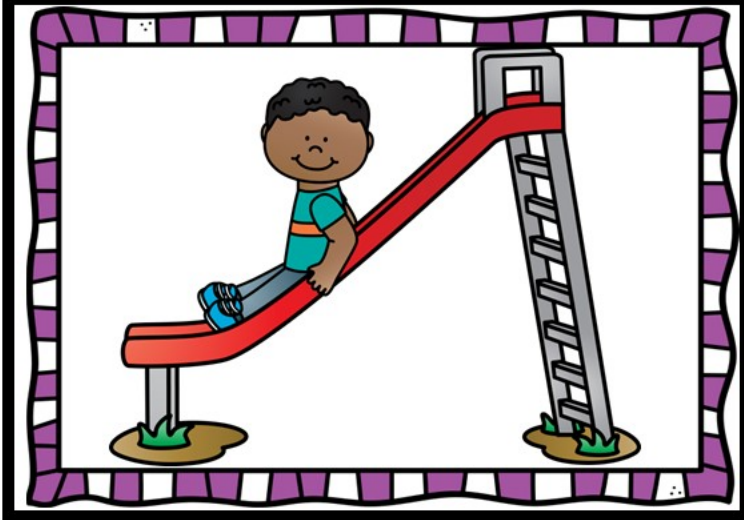
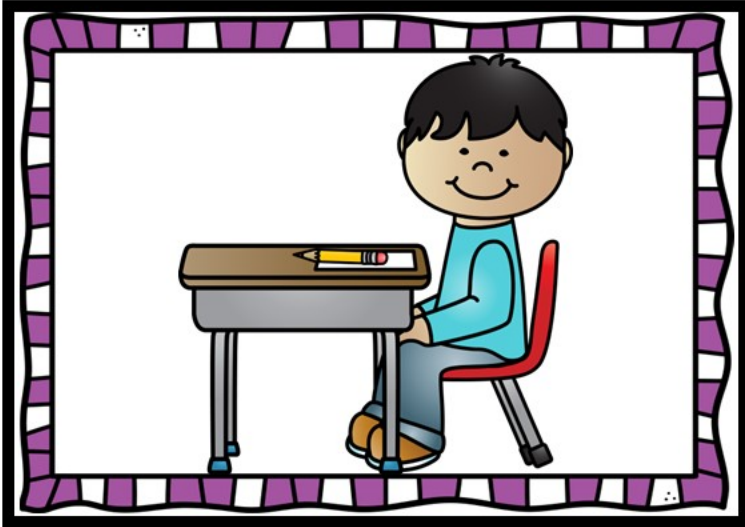
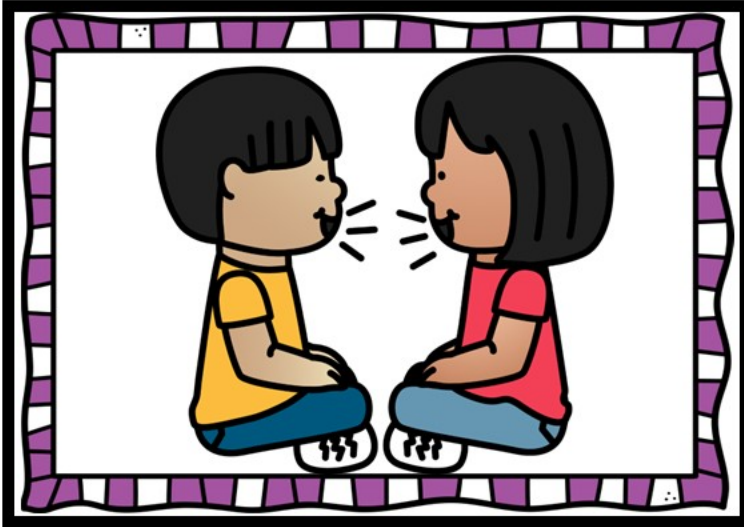


# CAN YOU PLEASE?

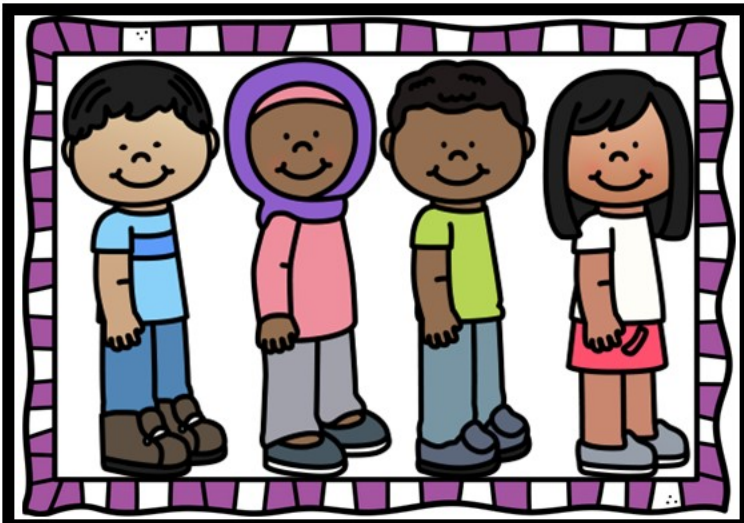
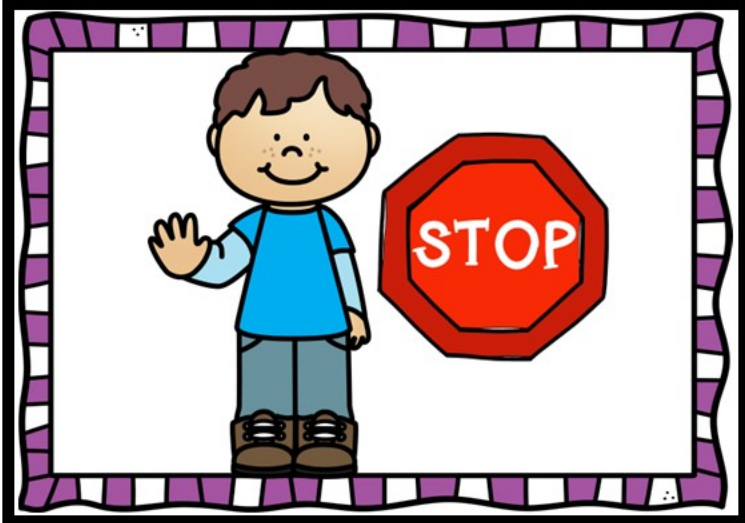




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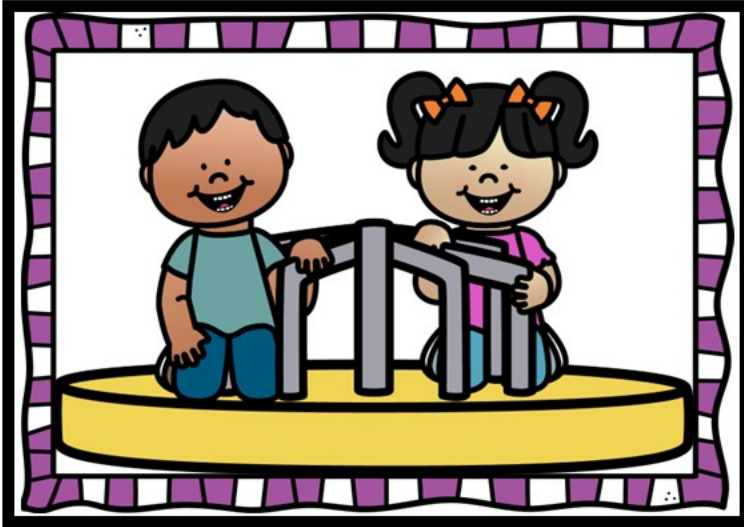


# CAN YOU PLEASE?





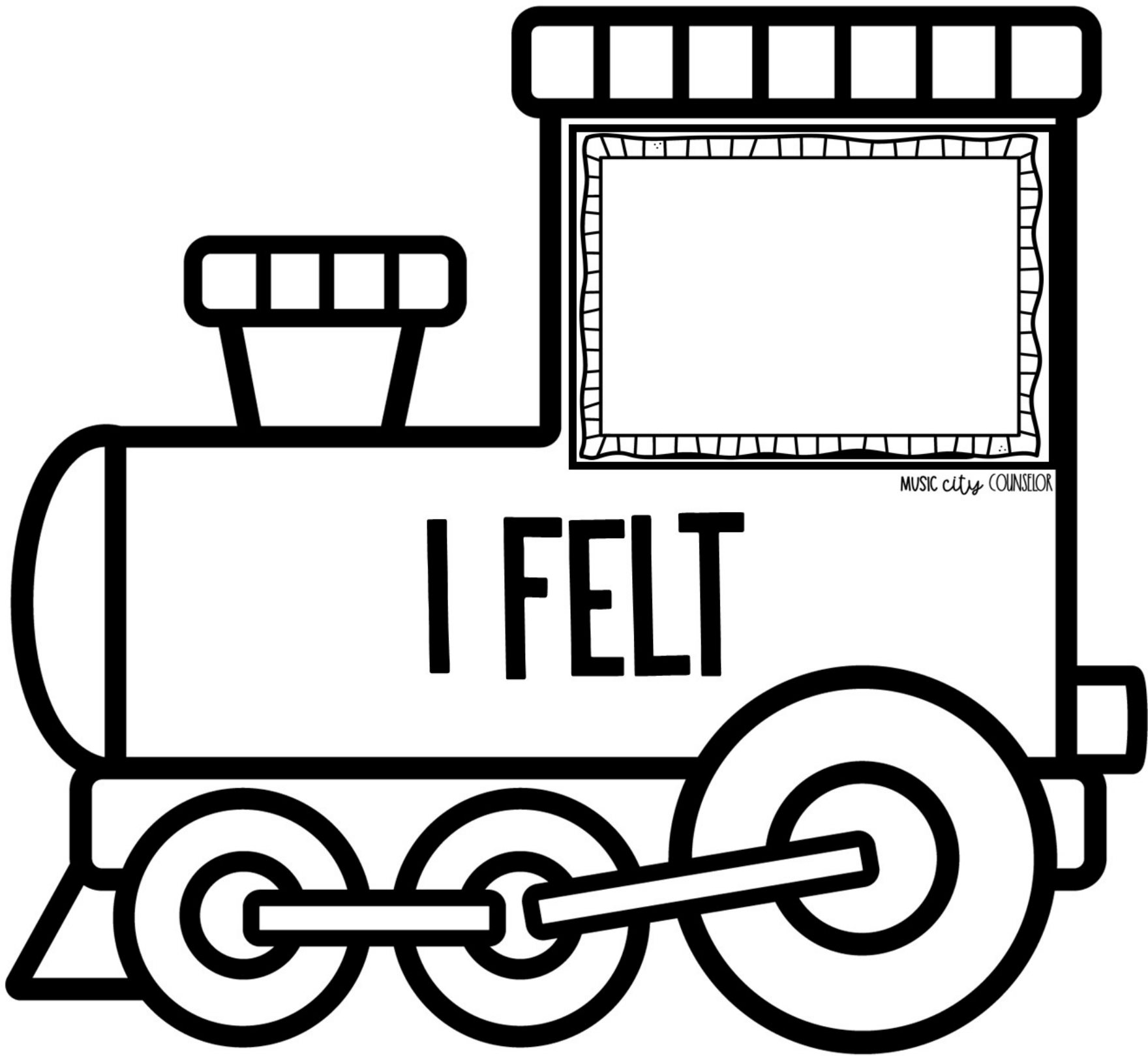
# CAN YOU PLEASE?



**BLACK &  
WHITE**

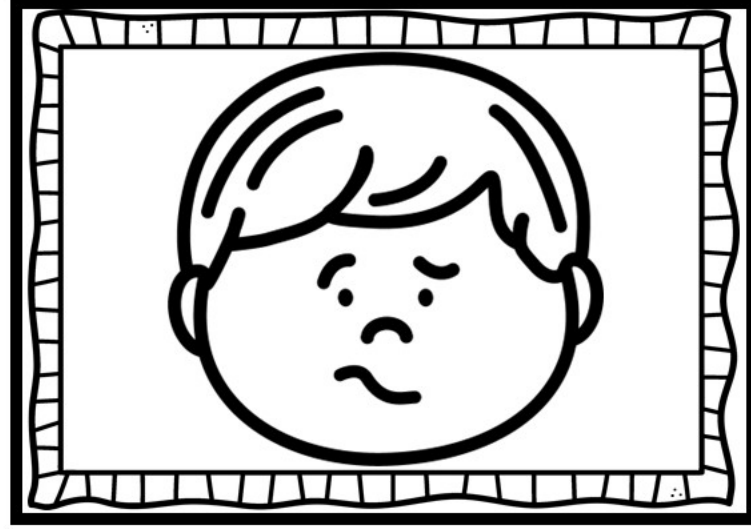
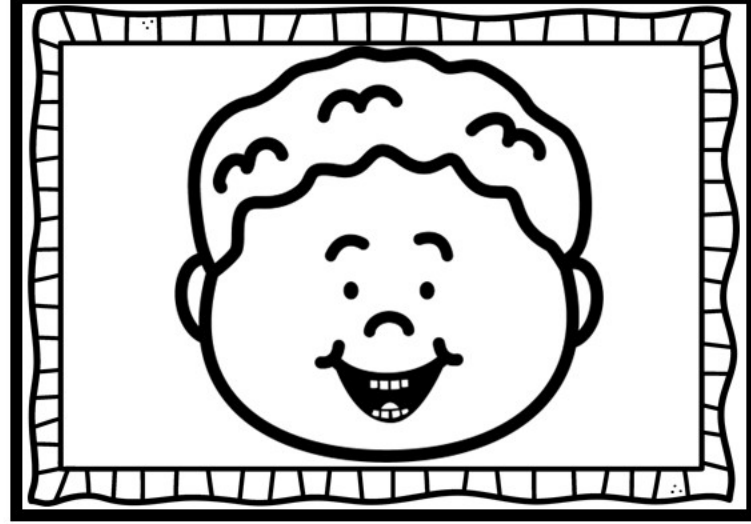
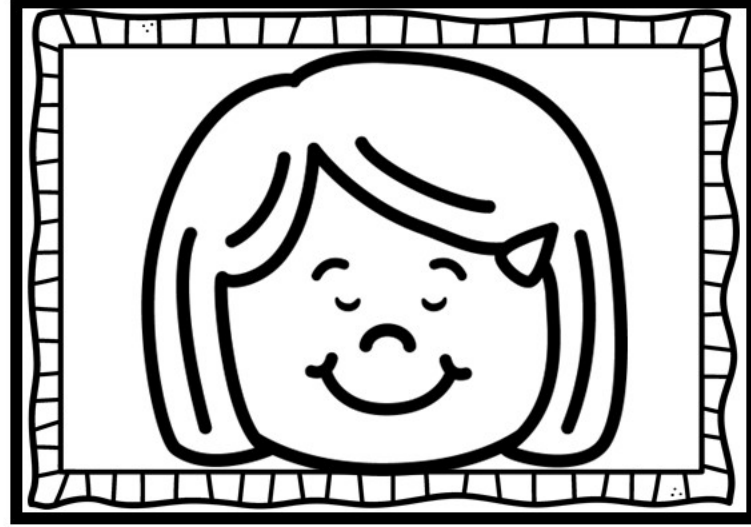
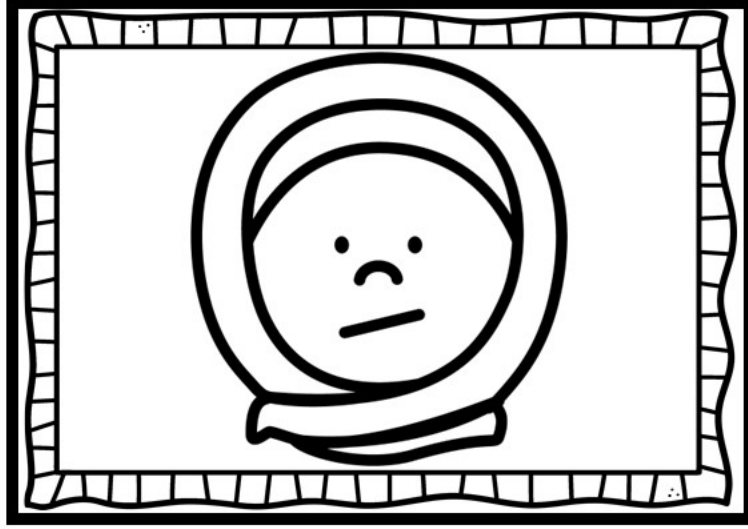
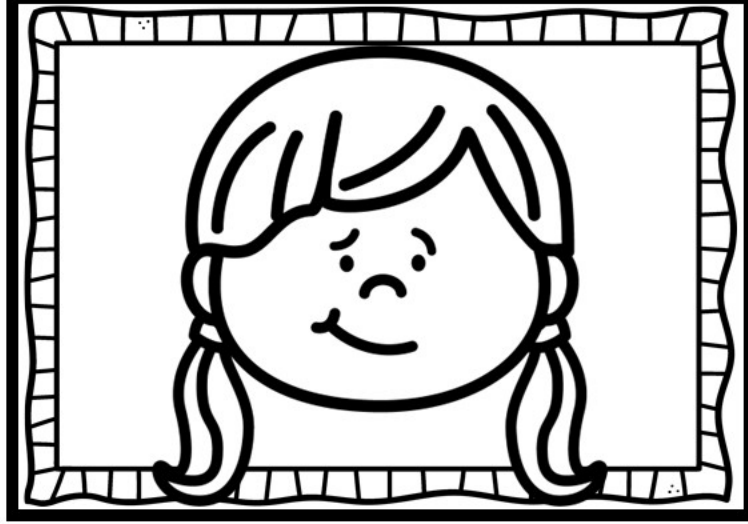
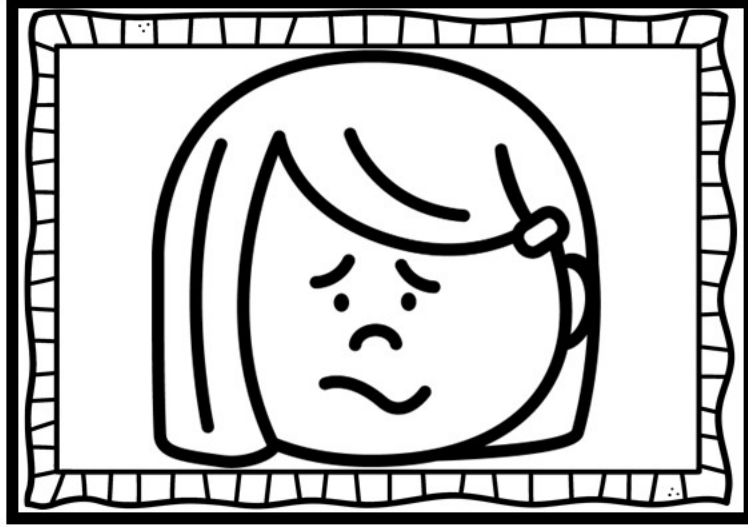


# TRAIN CAR 1

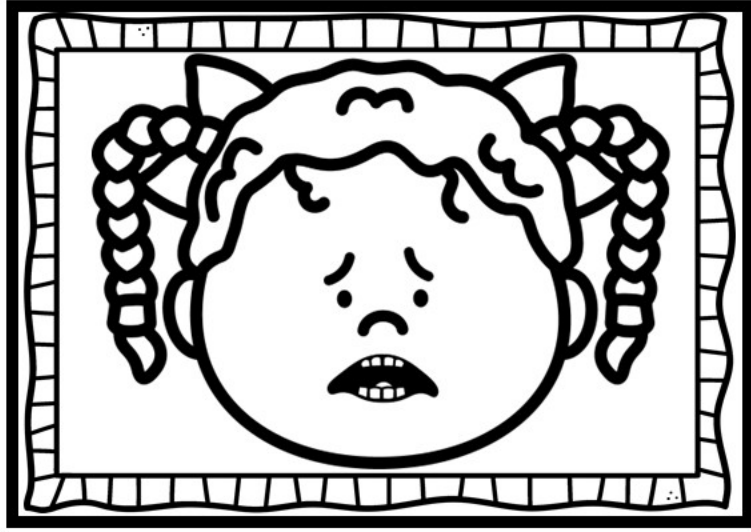
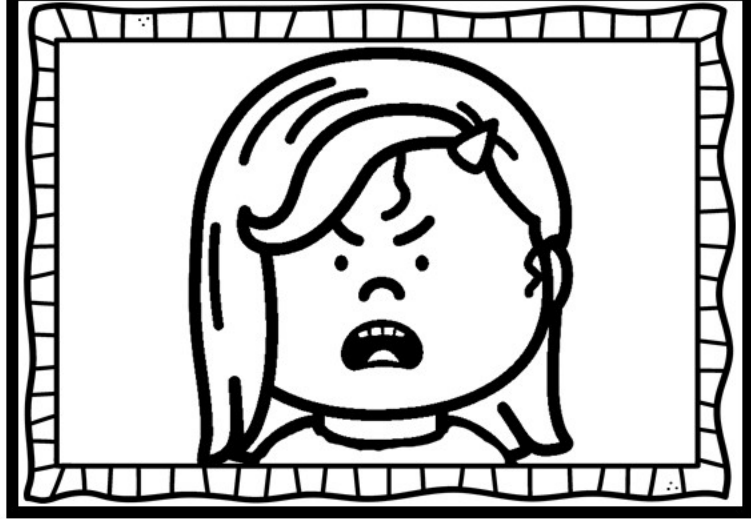
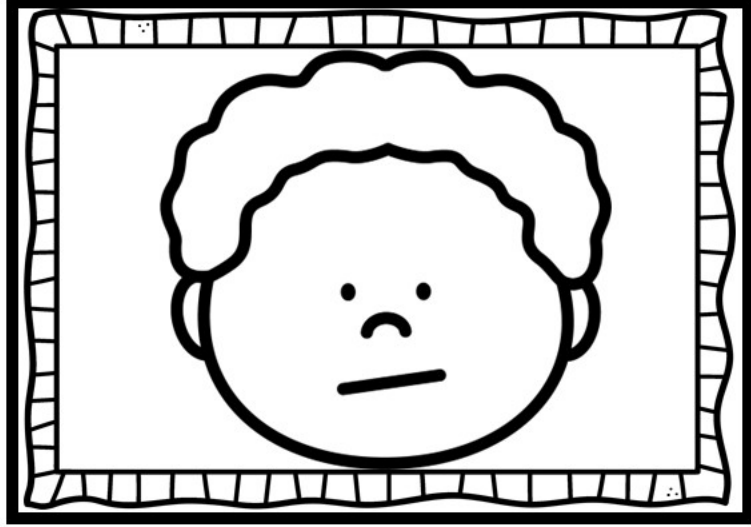
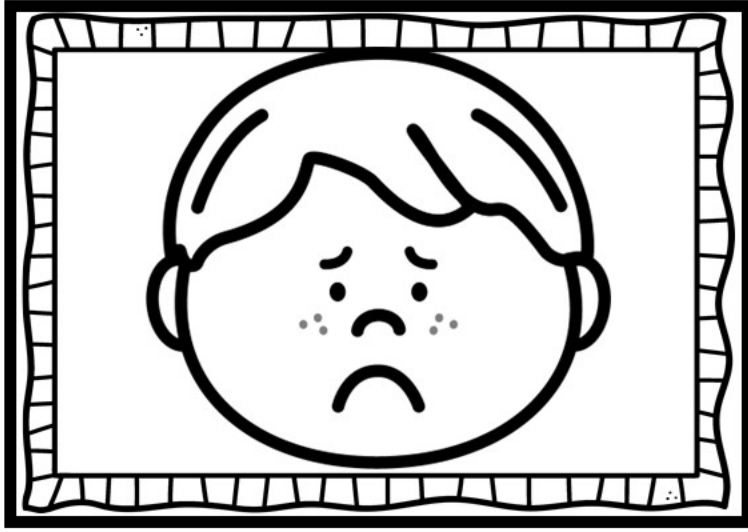
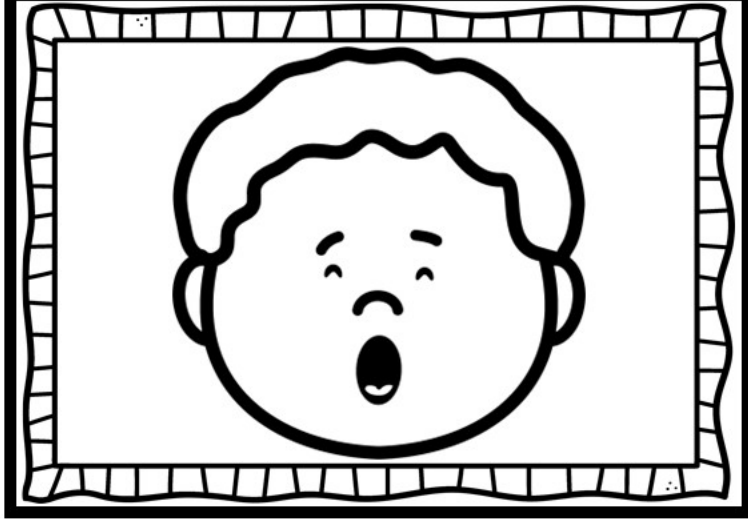
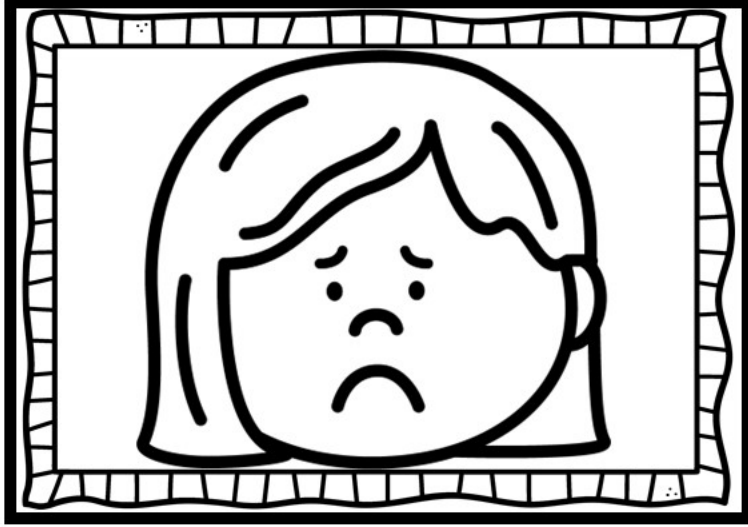


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# I FELT CARDS

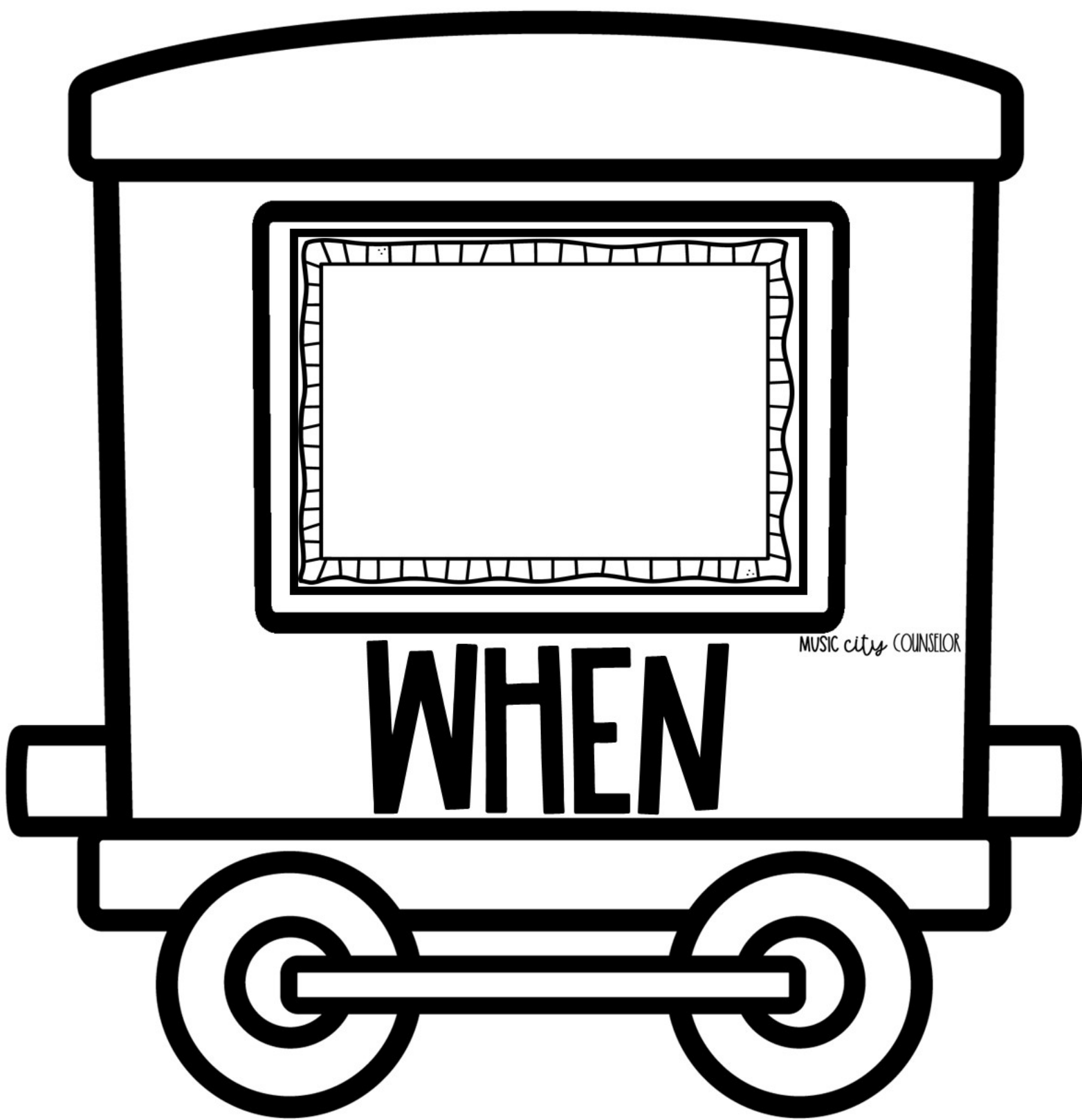


# I FELT CARDS



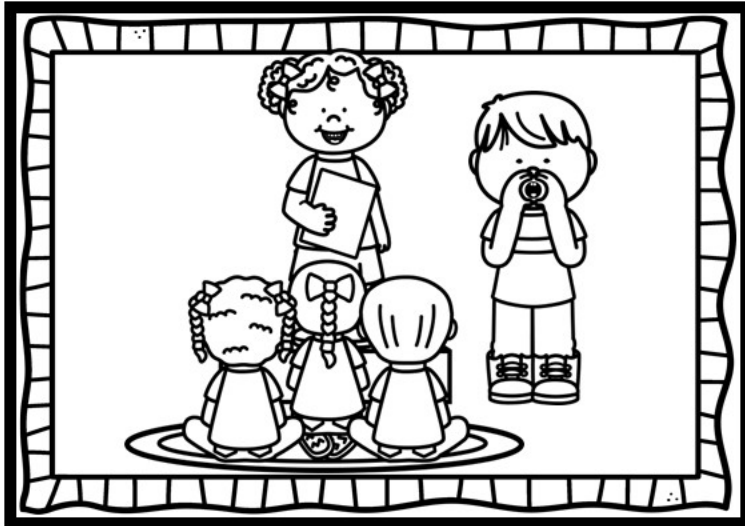
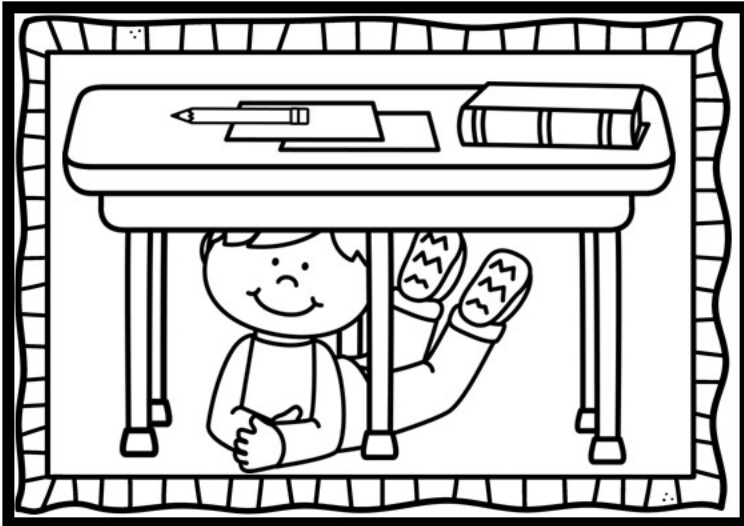
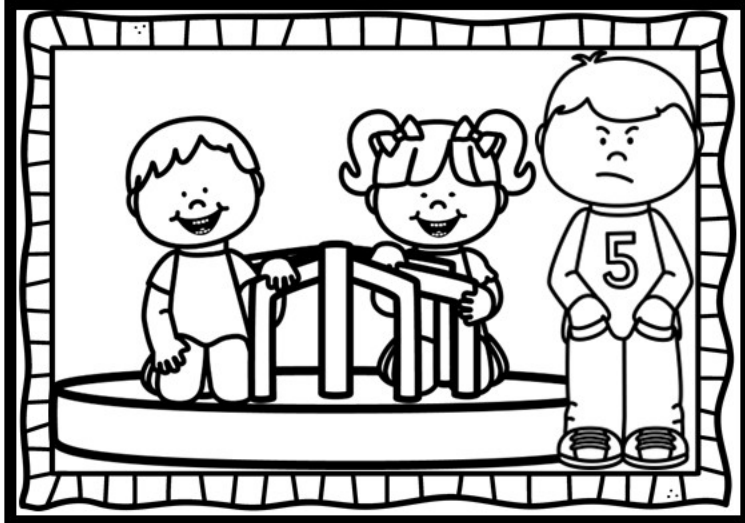
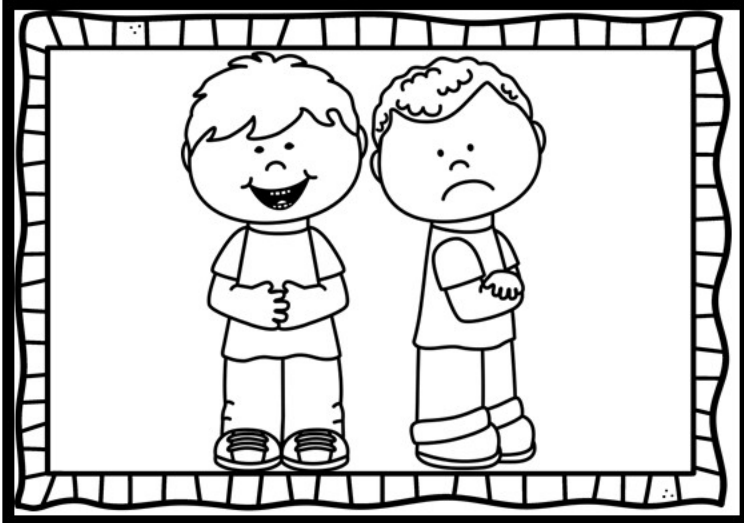
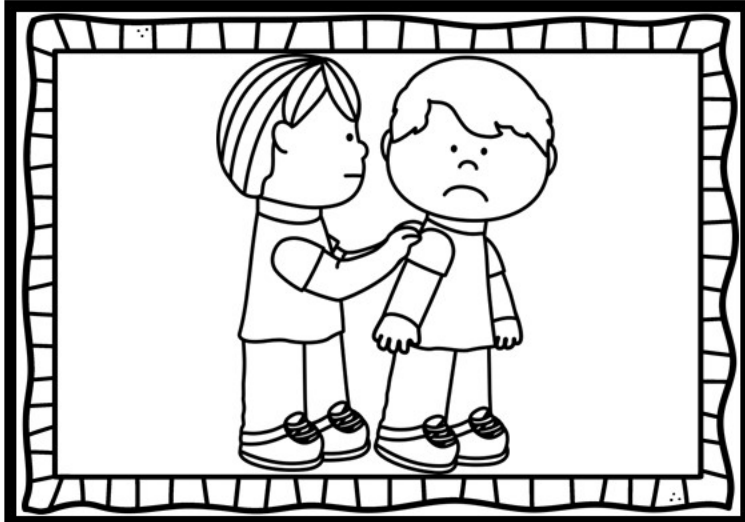


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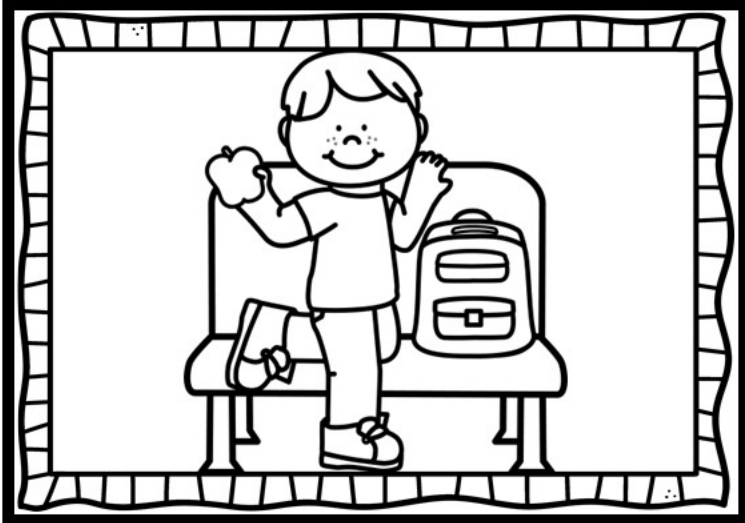
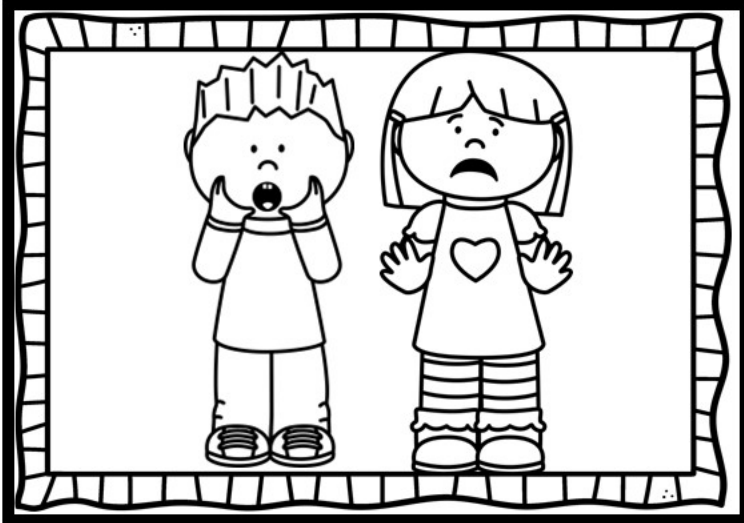
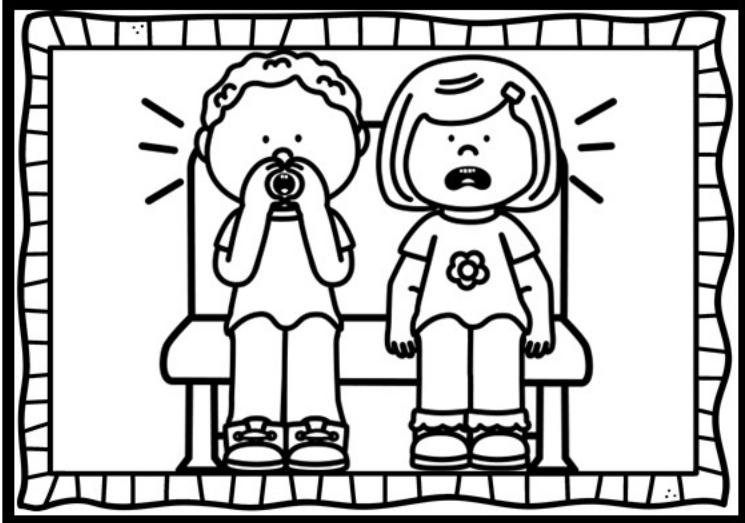
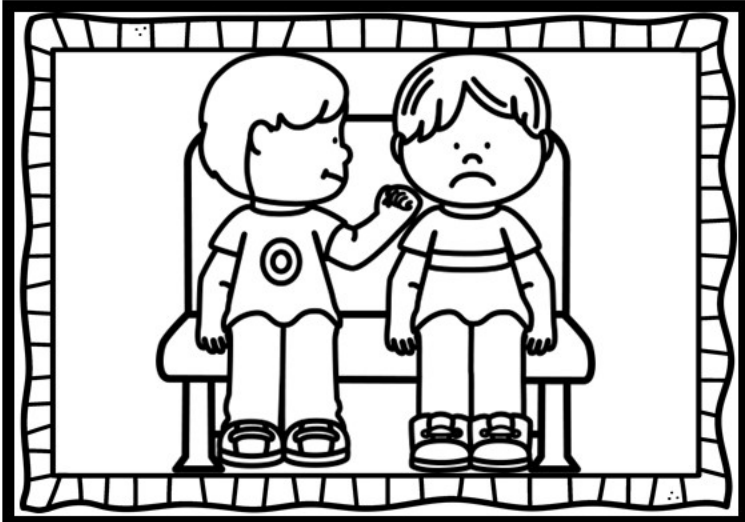
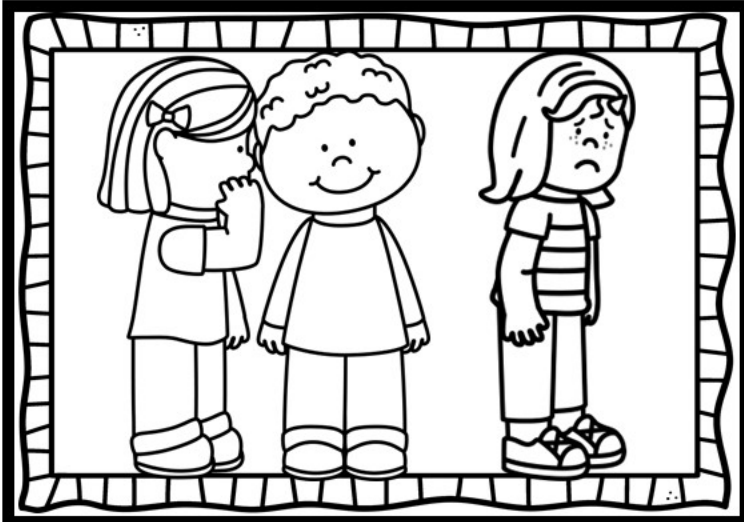
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# WHEN CARDS

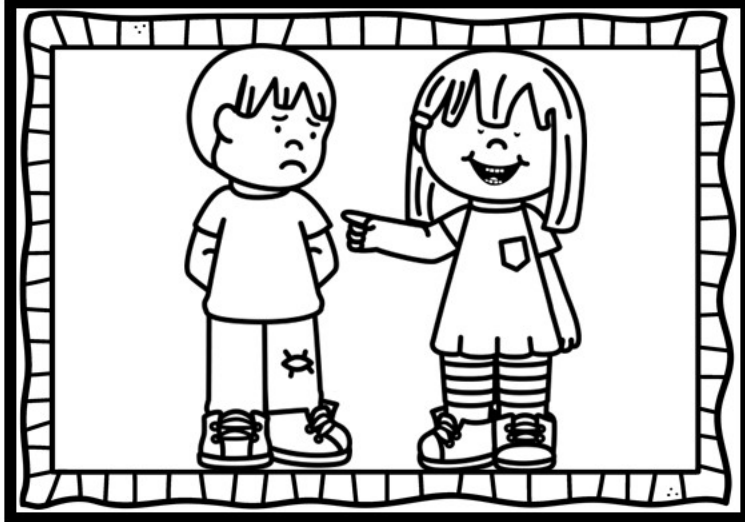
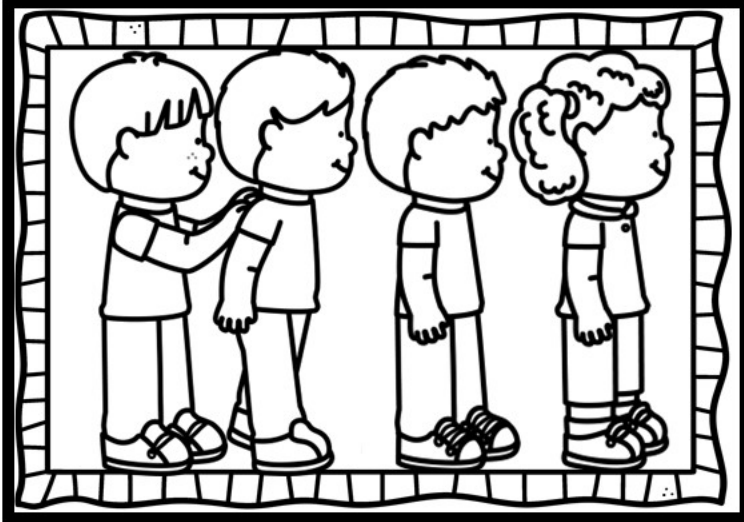
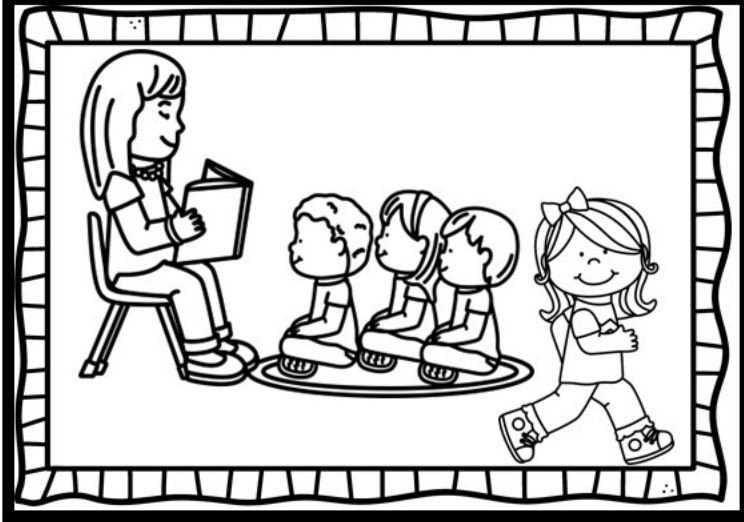
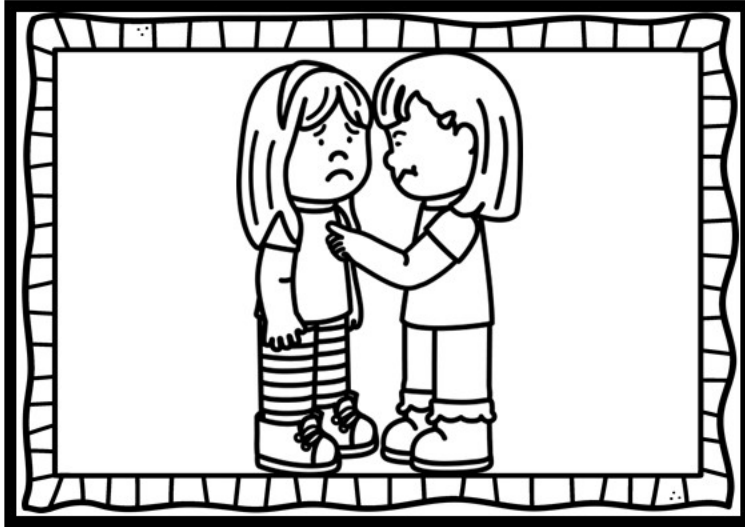
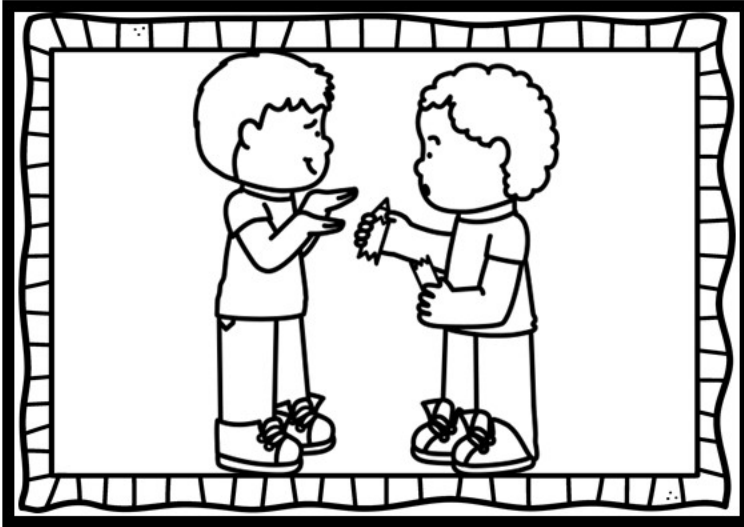




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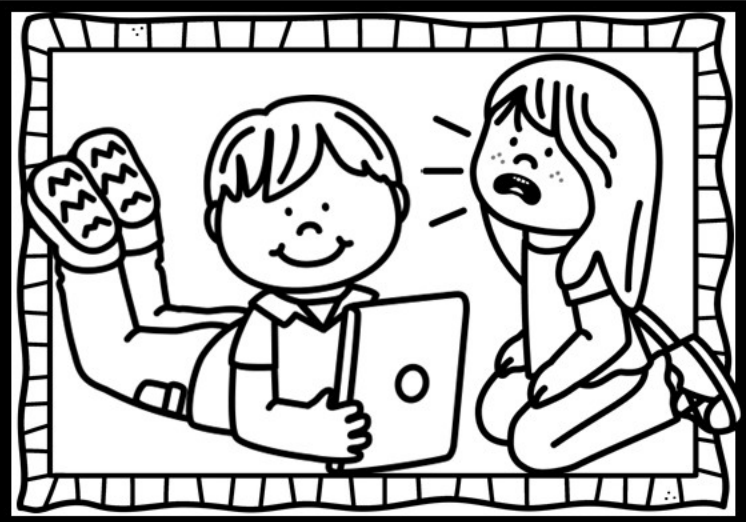
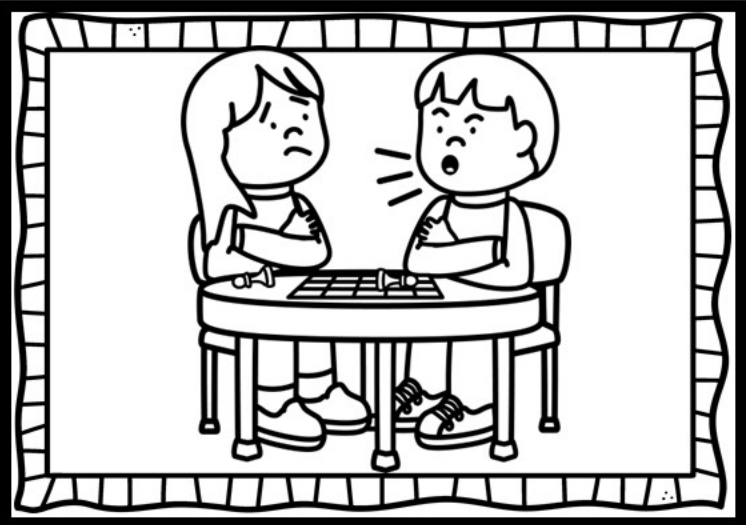
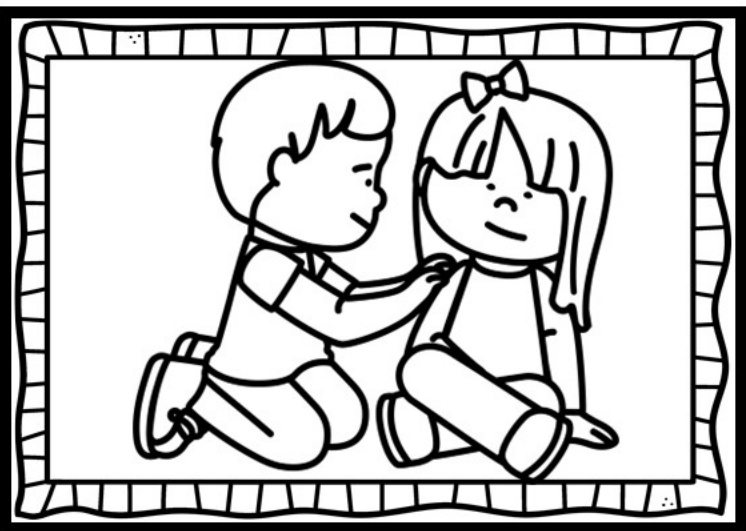
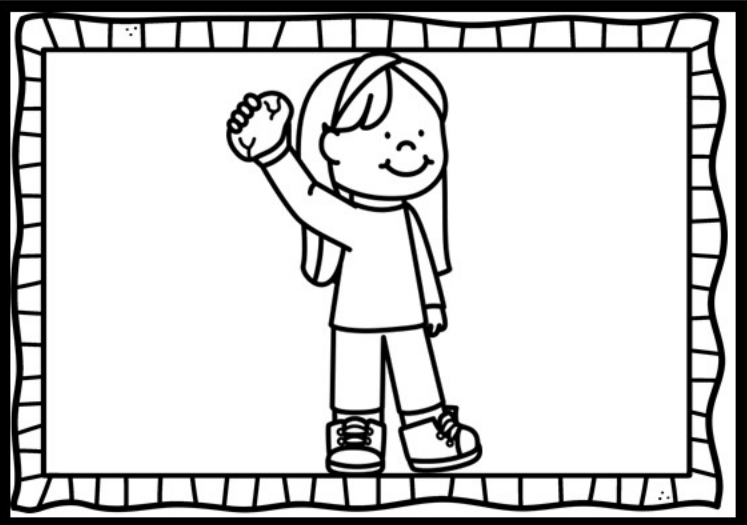


# WHEN CARDS





# WHEN CARDS

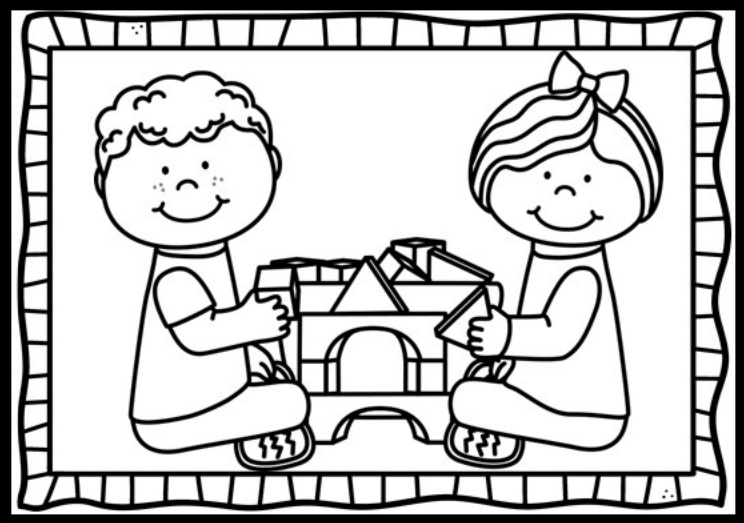
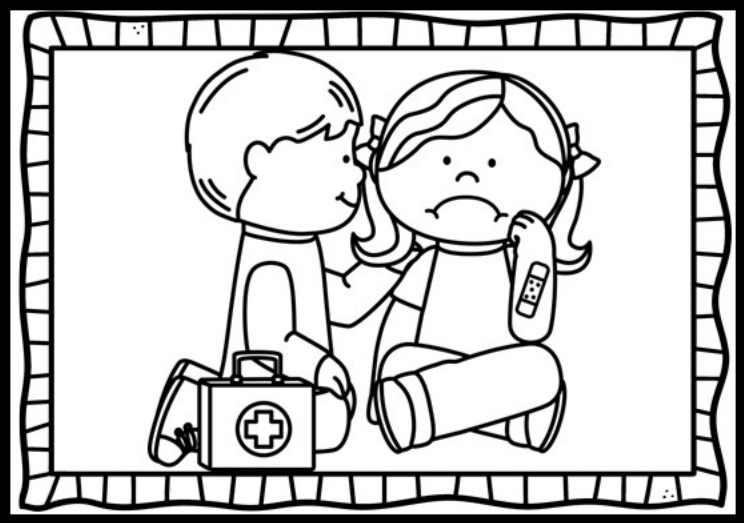
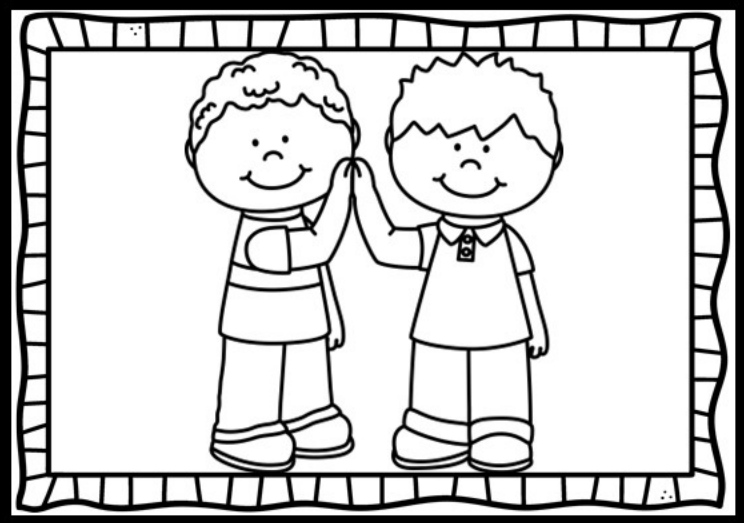
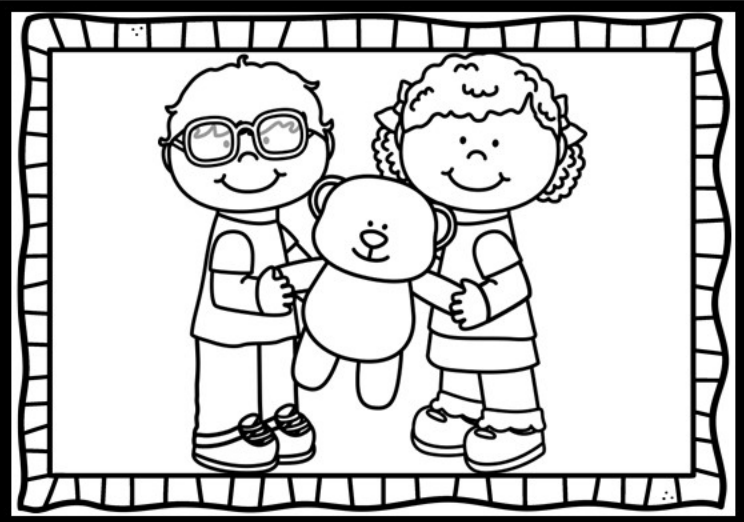
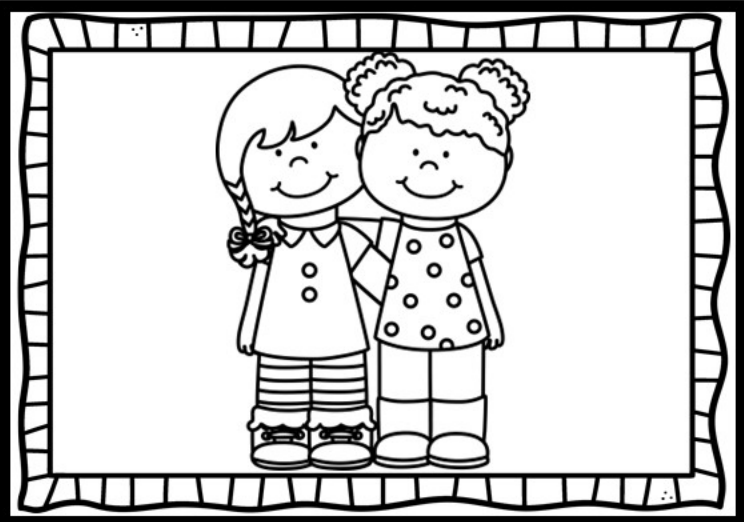


# TRAIN CAR 3



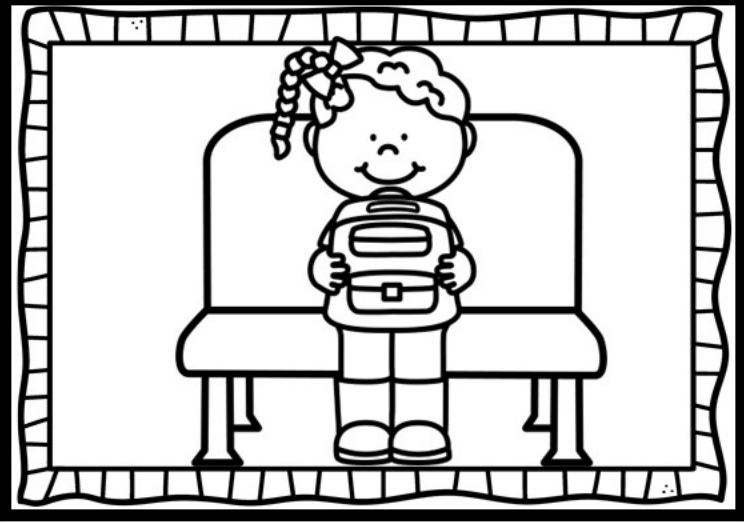
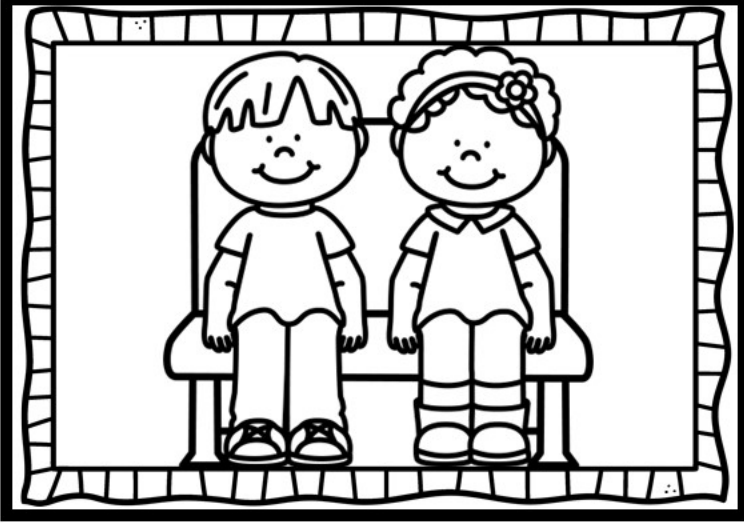
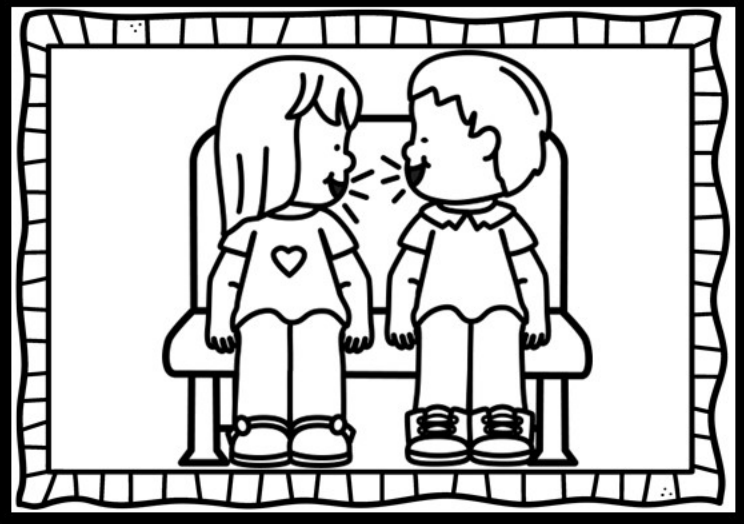
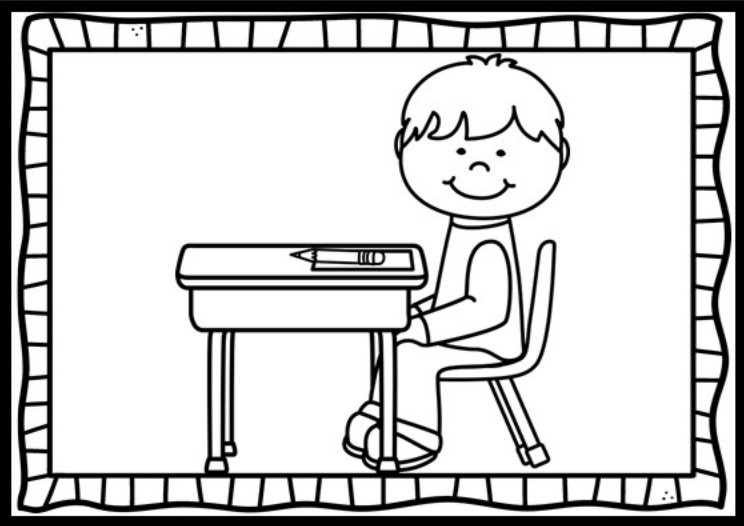
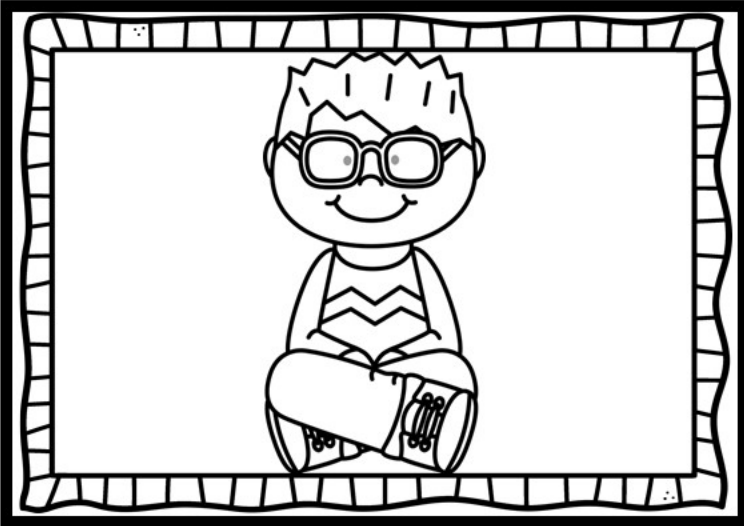
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# CAN YOU PLEASE?

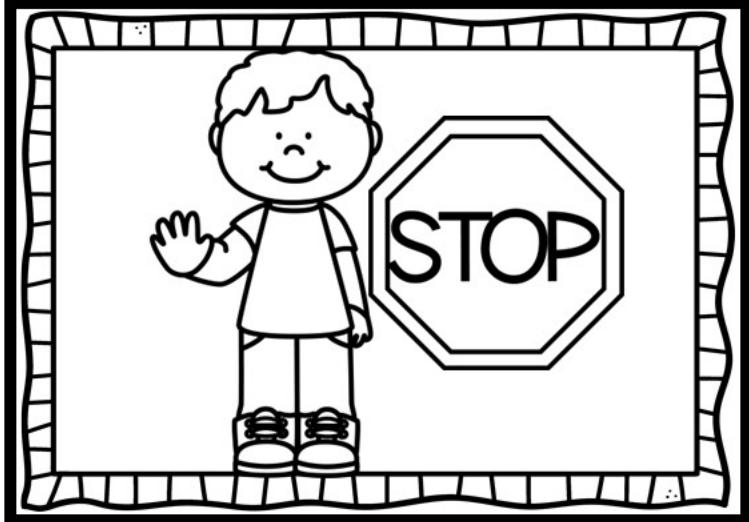
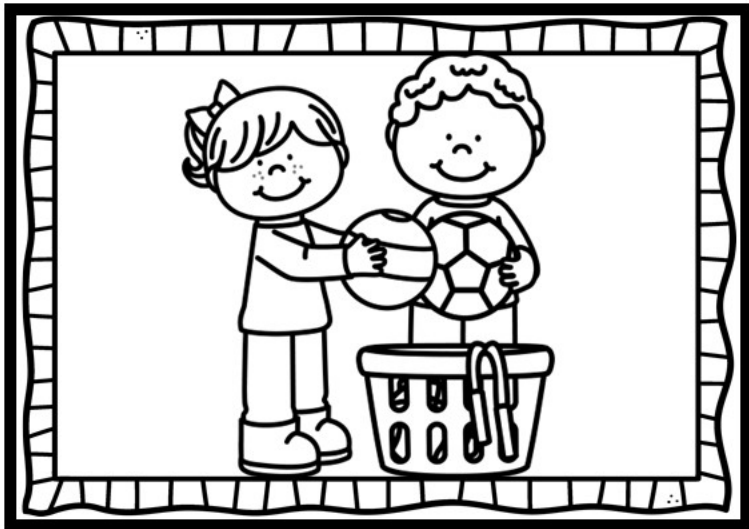
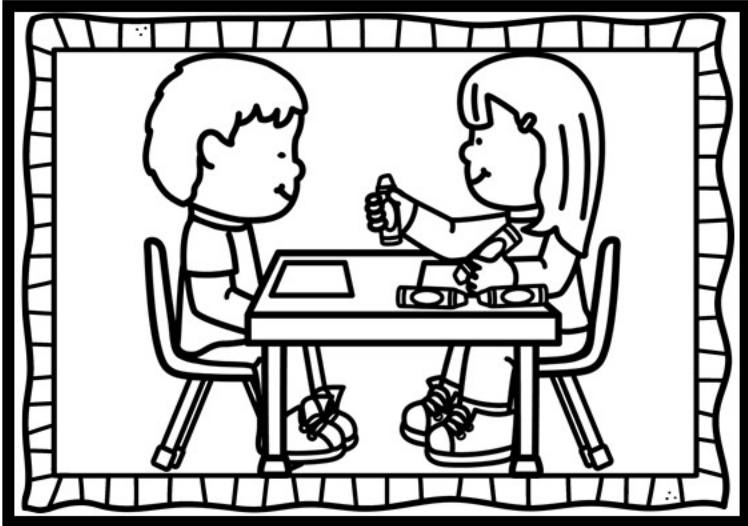
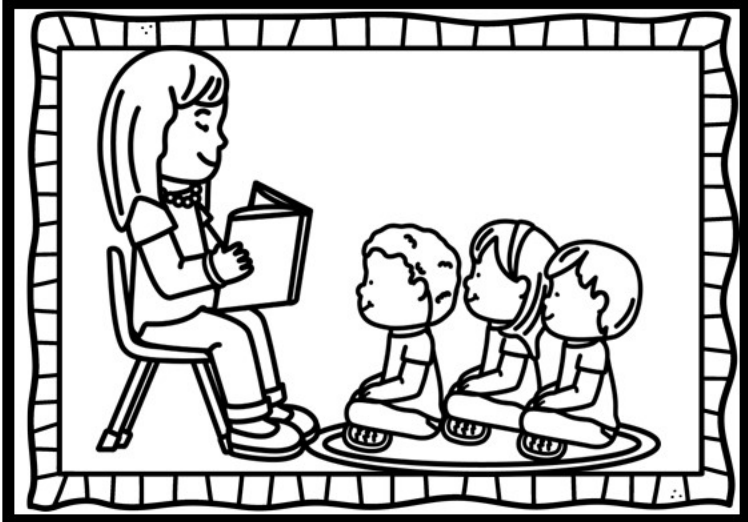
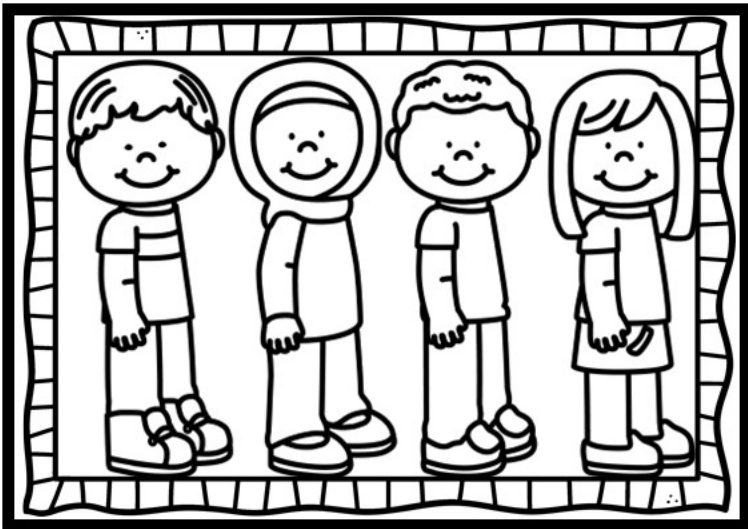




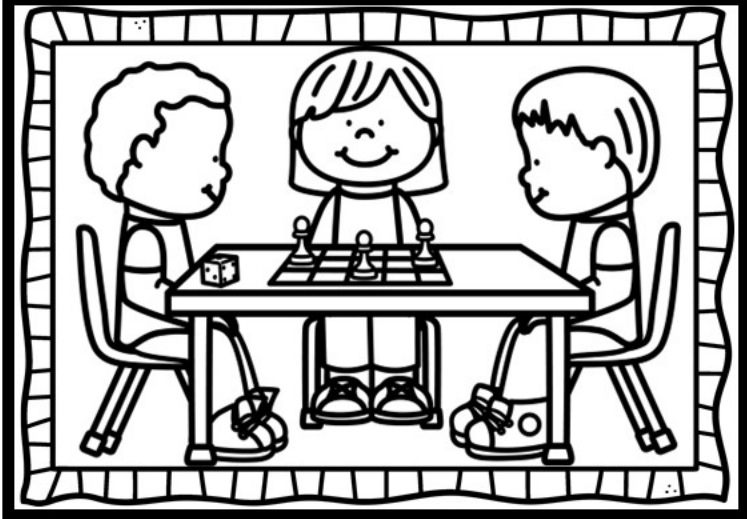
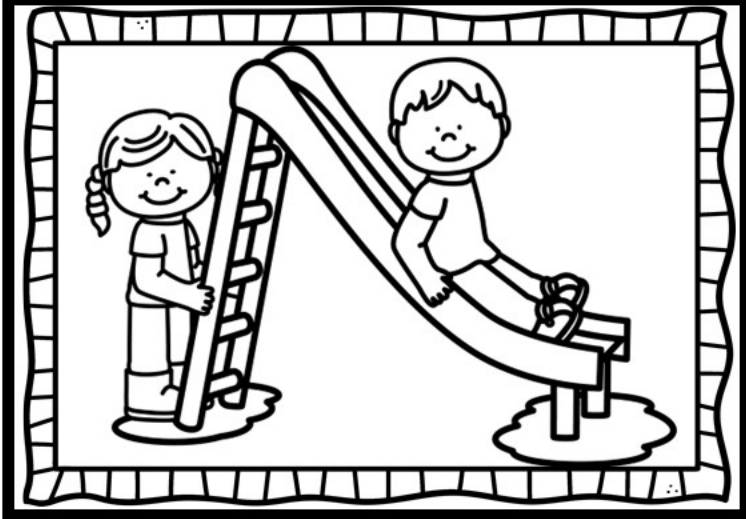
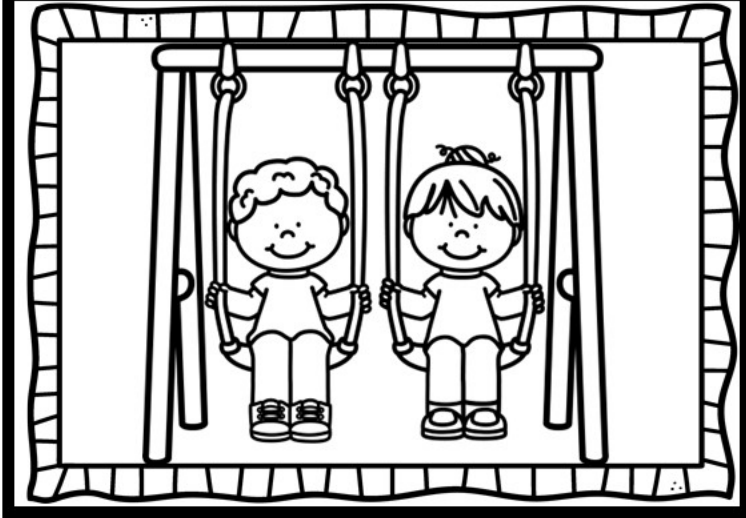
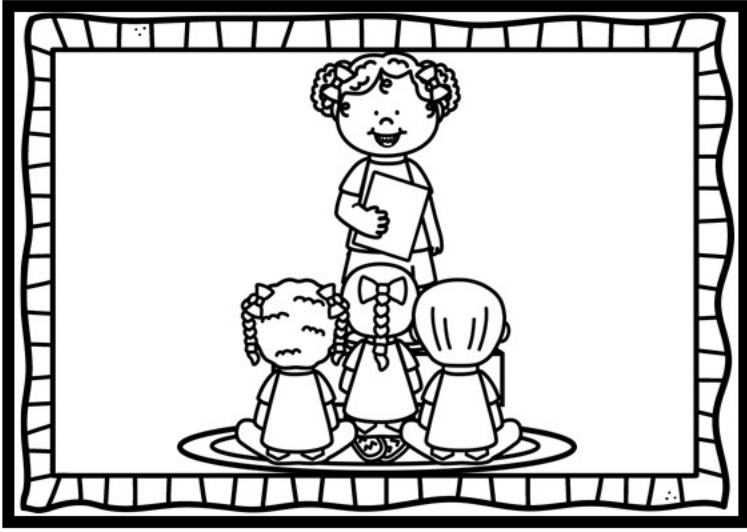
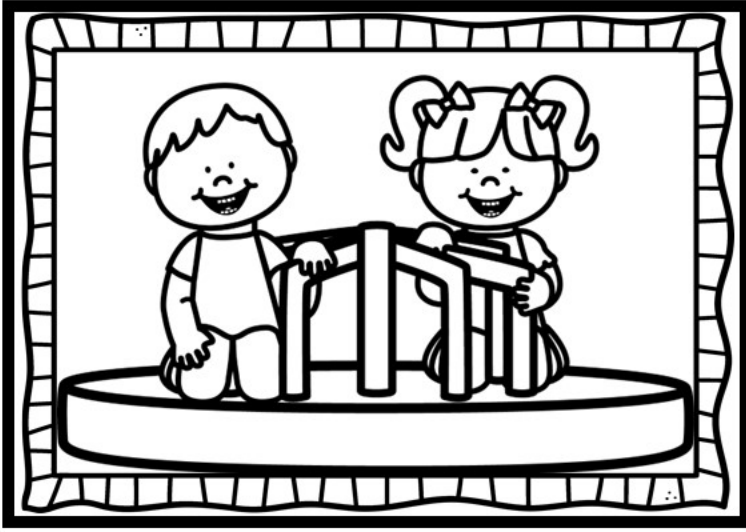
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