

I MESSAGES

ACTIVITY

Change the You Message to an I Message

| You Message | I Message |
|---|---|
| You are talking too fast. | I feel <u>confused</u> when you <u>talk fast</u> because <u>I can't keep up</u> . |
| You shouldn't leave Maria out of your party. | I feel <u>sad</u> when you <u>leave Maria out</u> because <u>she's nice</u> . |
| You're too pushy. You make me not want to do it at all. | I feel _____ when you _____ because _____. |
| You are always on my case. Just leave me alone. | I feel _____ when _____ because _____. |
| You always get your way. | I _____ |

I feel _____ when you _____ because _____

I feel _____ when you _____ because _____

I feel _____ when you _____ because _____



I Messages

Session Objective:

- *Students will be able to identify situations that using I messages would be appropriate.
- *Students will practice changing You statements to I statements.

Materials:

- *I message quote bubbles (cut out individually).
- *Change the you message to I message handouts (for each student).

Guiding Questions:

- *Why is it important to use I messages instead of You messages?
- *How can using an I message help to resolve a conflict?

Session Details (about 30 minutes)

*"Today we are going to be practicing using I messages. You are probably thinking what on earth is an I message. Well, it is a message that lets people know how you feel about something they are doing or saying, without making them defensive. When we use "you" messages, it can make a person feel attacked. "YOU did this wrong", "YOU are being mean", "YOU are not listening to me". What kind of emotions were you feeling when I said those statements?" Let students respond. "Those are the type of emotions we do not want to cause another person to have, especially if we are having a conflict because they are less likely to hear our side, and understand where we are coming from. We are going to practice using I messages instead of You messages."

*I message bubbles: Pass out one I message speech bubble to each student. "These speech bubbles have I message statements on them to help us practice, refer to them as we do this activity. Now I am going to read to you some different YOU messages and raise your hand if you want to try to change it to an I message." Read out loud the first YOU message, answer it as an example. "You are talking too fast.....I would change that YOU message to be: I feel overwhelmed when you talk too fast because it's too much at once." Continue to read the YOU messages aloud and have the students change it to I messages.

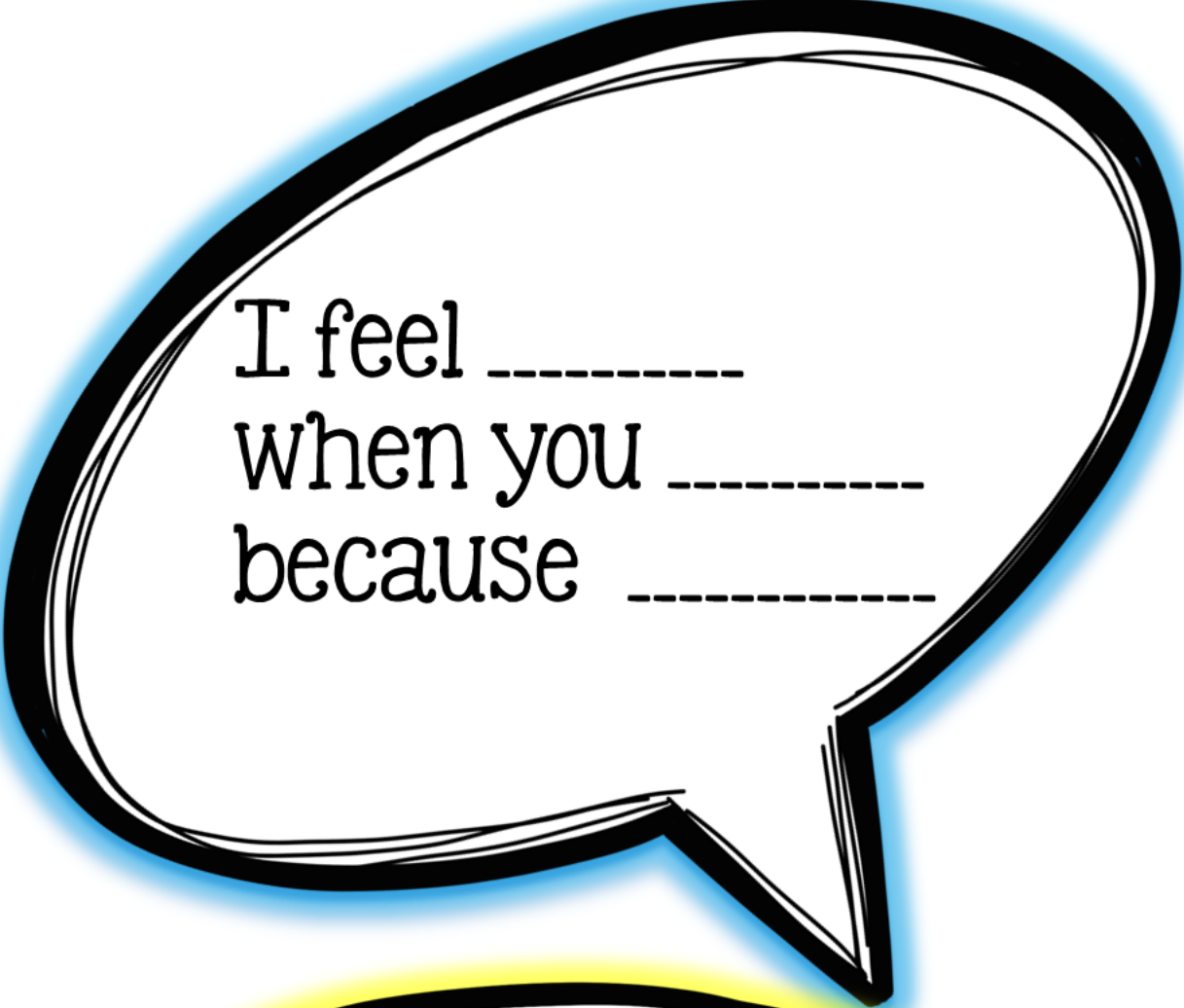
*Use the guiding questions at the top of this page to help guide the group discussion.

ASCA Standards Alignment:

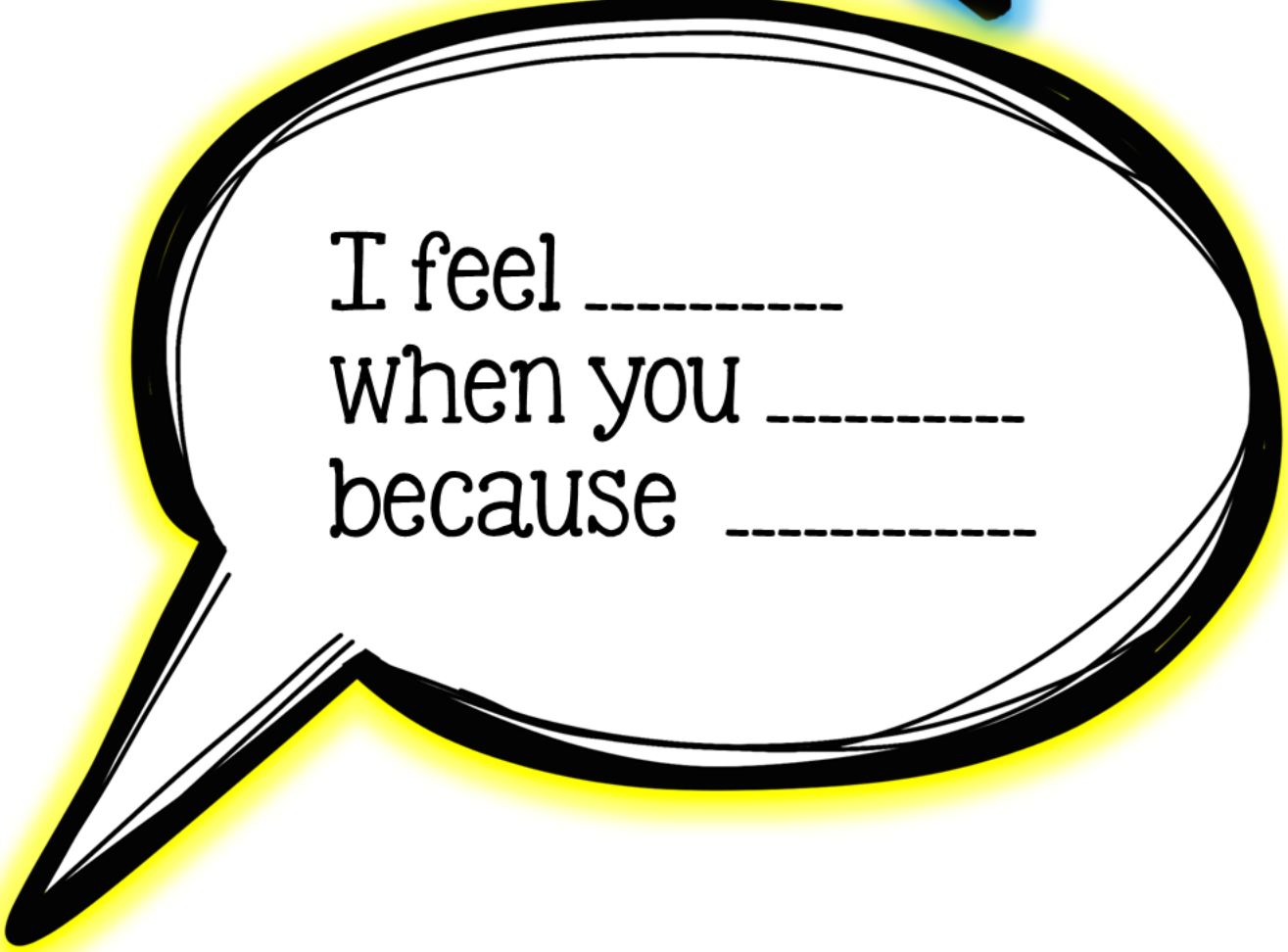
- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management Skills: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills. (B-SS 1)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Relationship skills: relationship building, communication, social engagement.
- *Social-awareness: Respect for others, appreciating diversity, perspective-taking, empathy.




I feel -----
when you -----
because -----

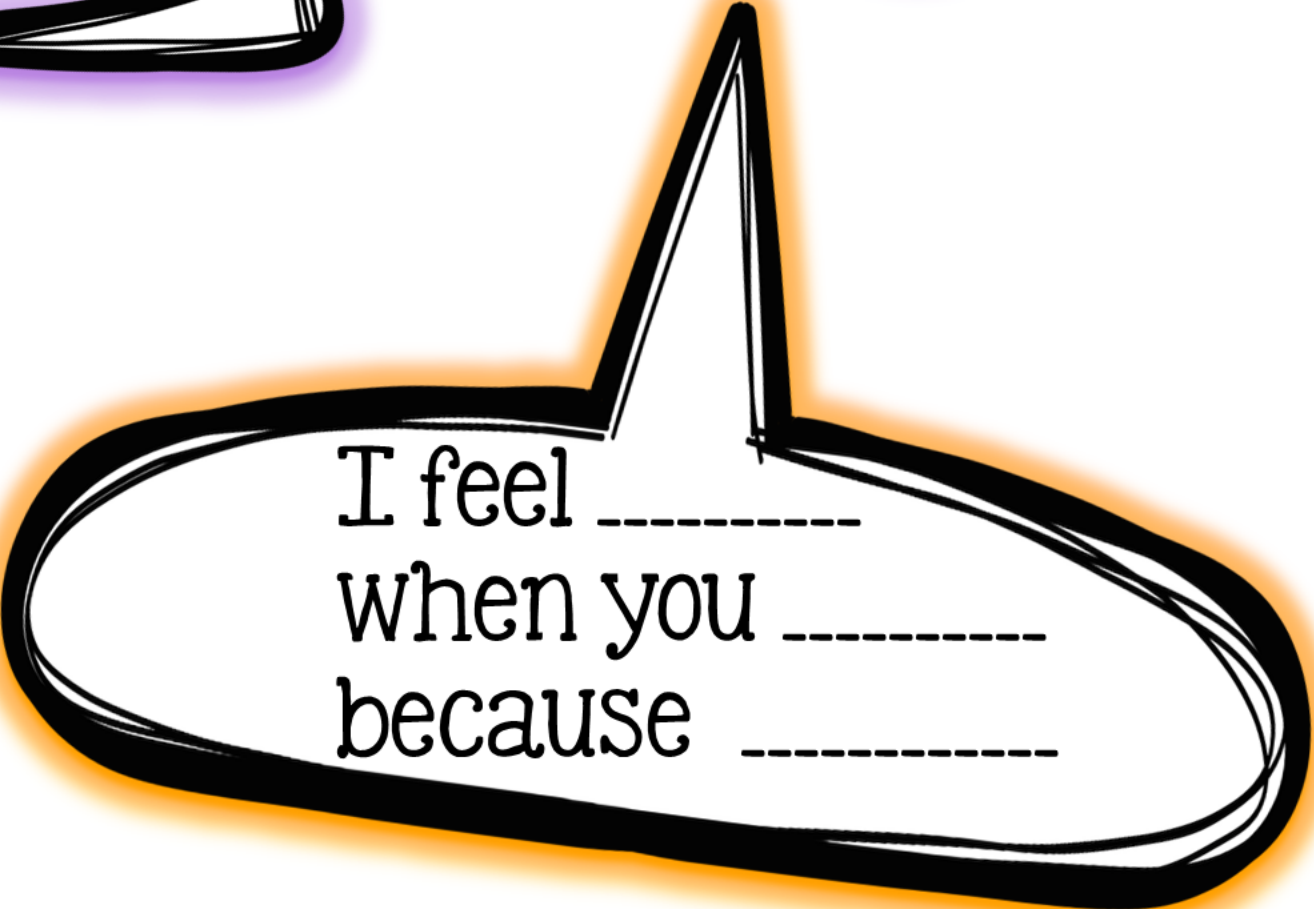


I feel -----
when you -----
because -----





I feel _____
when you _____
because _____



I feel _____
when you _____
because _____

Change the You Message



to an

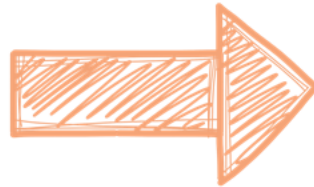
I Message



You Message

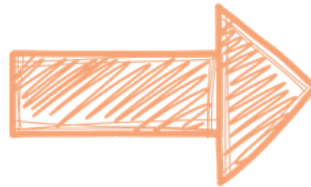
I Message

You are talking too fast.



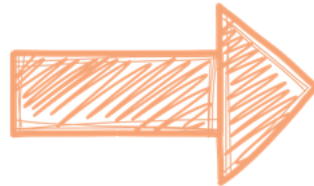
I feel
when you
because

You shouldn't leave Maria out of your party.



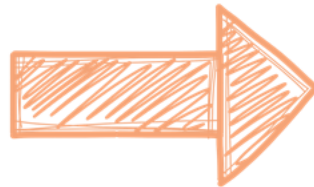
I feel
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You're too pushy. You make me not want to do it at all.



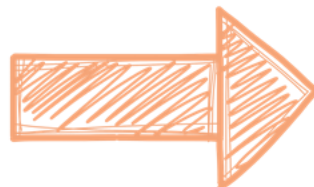
I feel
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You are always on my case. Just leave me alone.



I feel
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You always get your way.



I feel
when you
because

Change the You Message

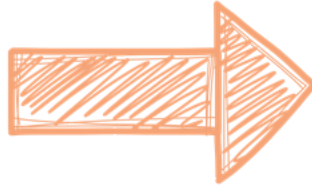
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I Message

You Message

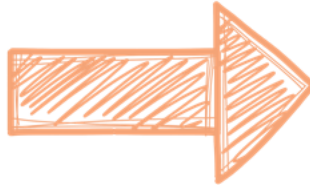
I Message

You ruined the project.



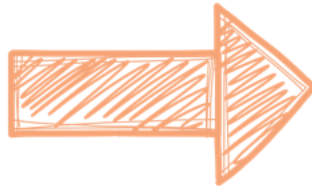
I feel
when you
because

You don't even care.



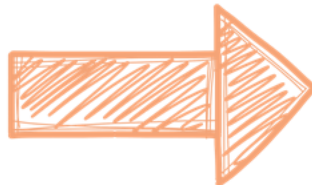
I feel
when you
because

You are so mean to us.



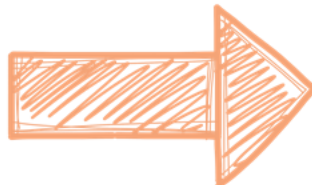
I feel
when you
because

You play favorites, you like them more than me.



I feel
when you
because

You never share with me.



I feel
when you
because

Change the You Message

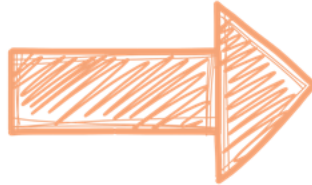
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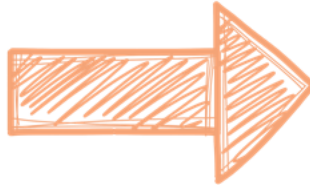
I Message

You say one thing,
and then do
another.



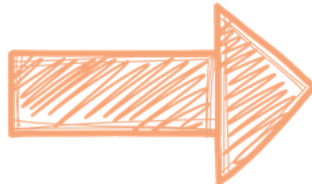
I feel
when you
because

The first thing you
always do is get
mad!



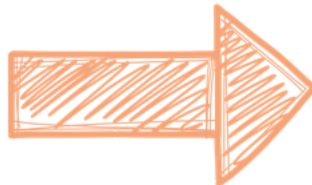
I feel
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I don't know why
you can't stop
that behavior.



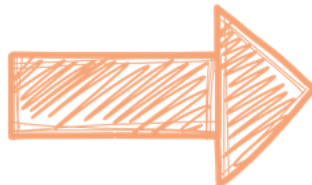
I feel
when you
because

You can't be
trusted because
you let me down.



I feel
when you
because

You always give
me a bad look.



I feel
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because

Change the You Message

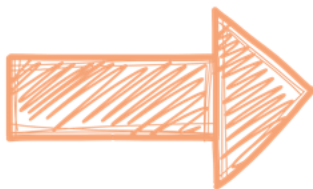
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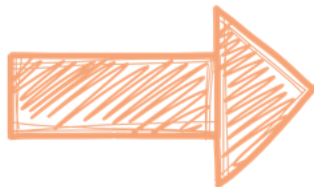
I Message

You don't get to tell me what to do.



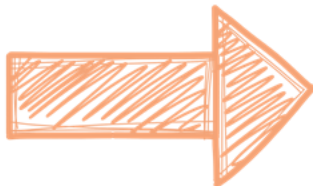
I feel
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You can be so rude sometimes.



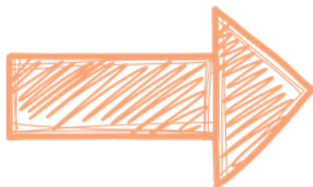
I feel
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Why are you being so defensive?



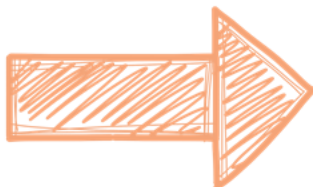
I feel
when you
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You are so annoying, leave me alone.



I feel
when you
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Why didn't you call me last night?



I feel
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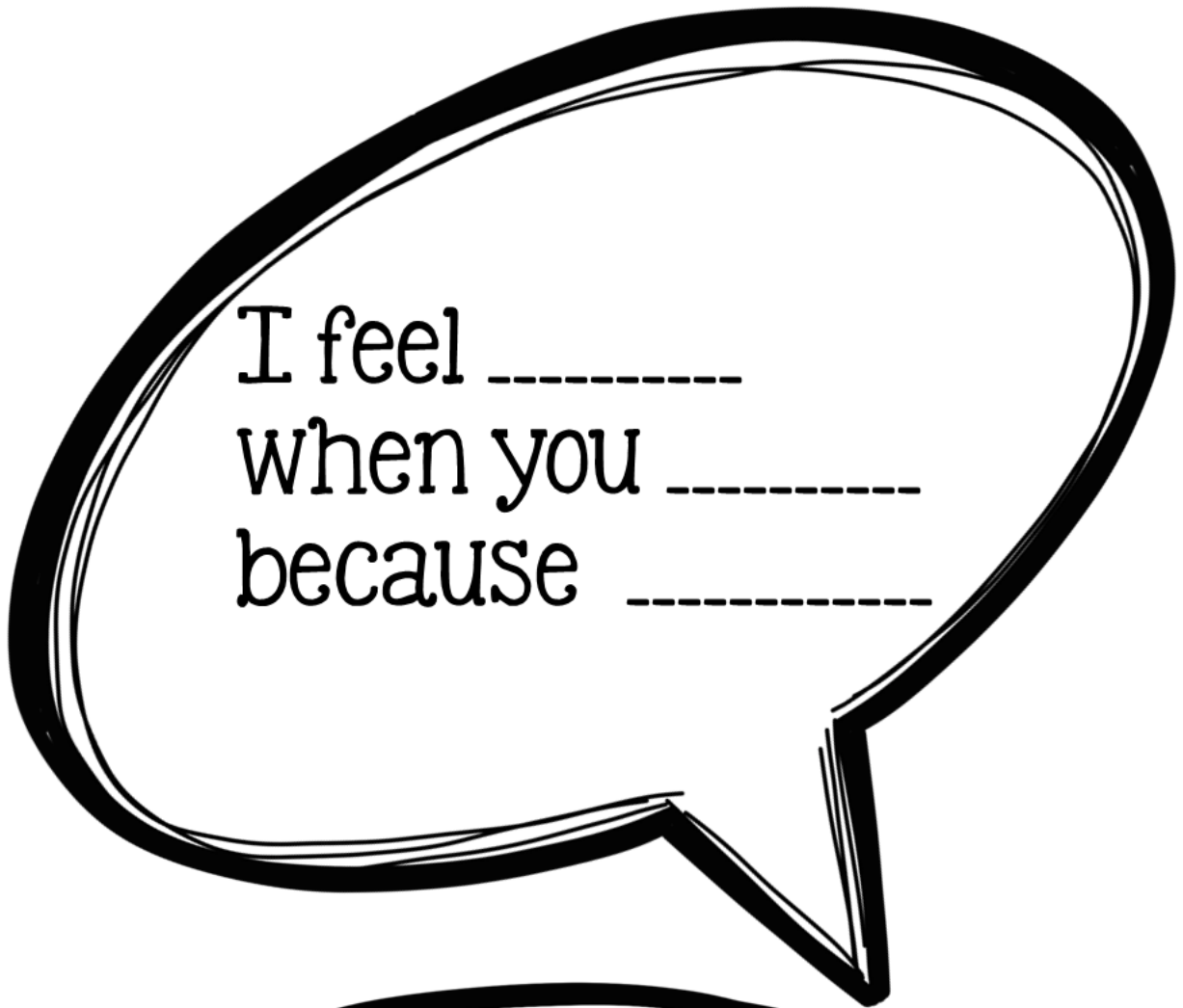
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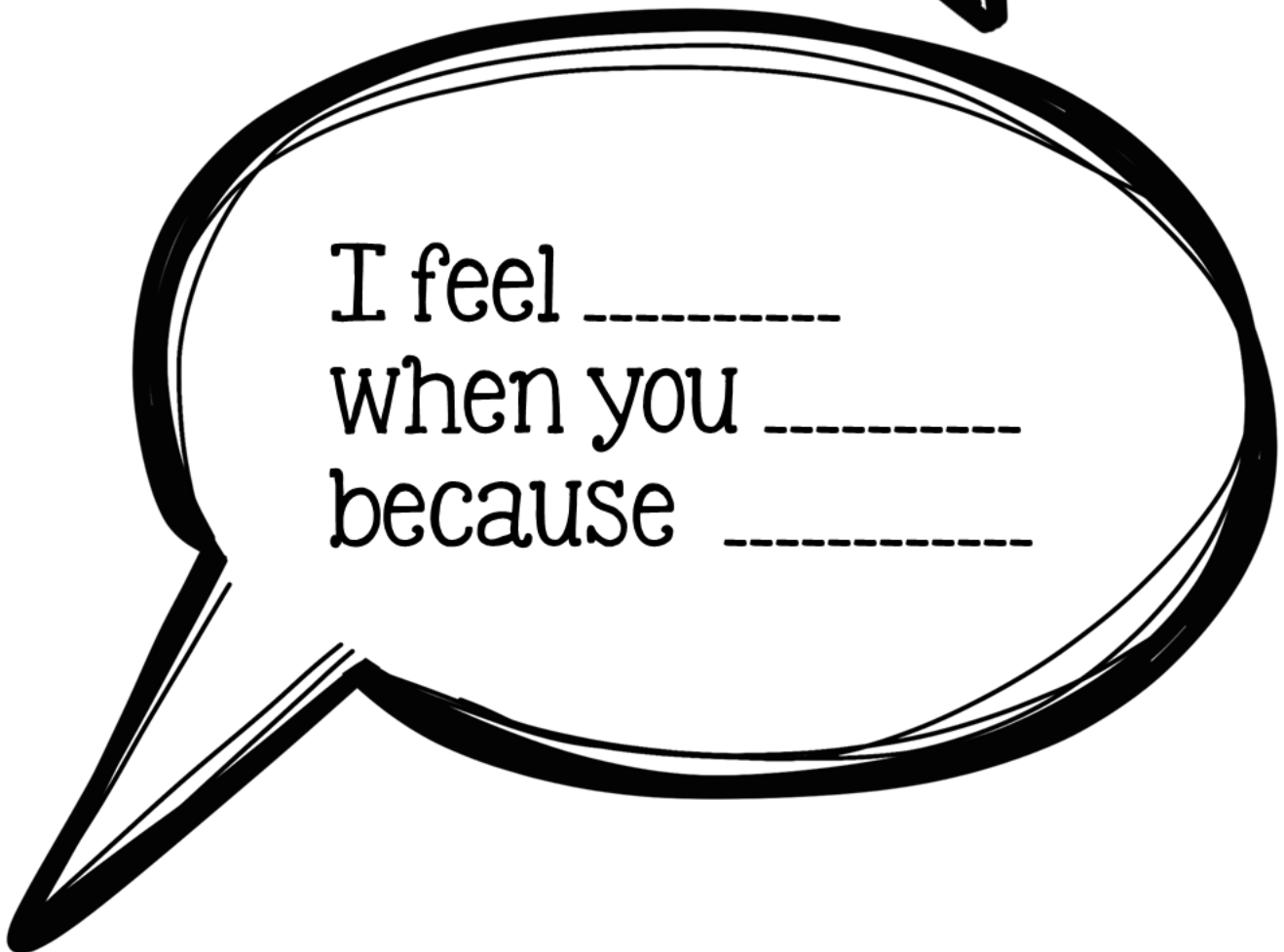
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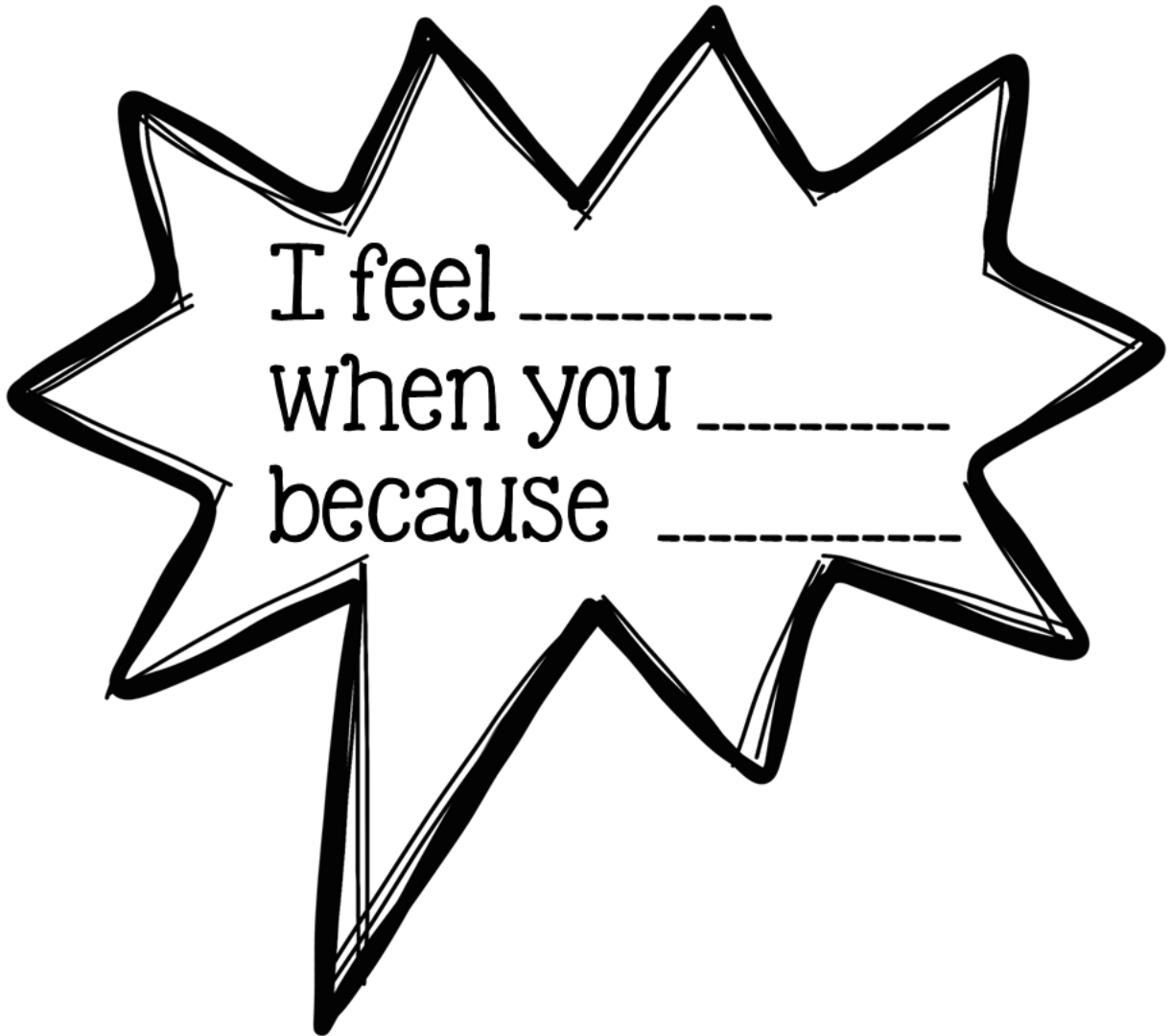
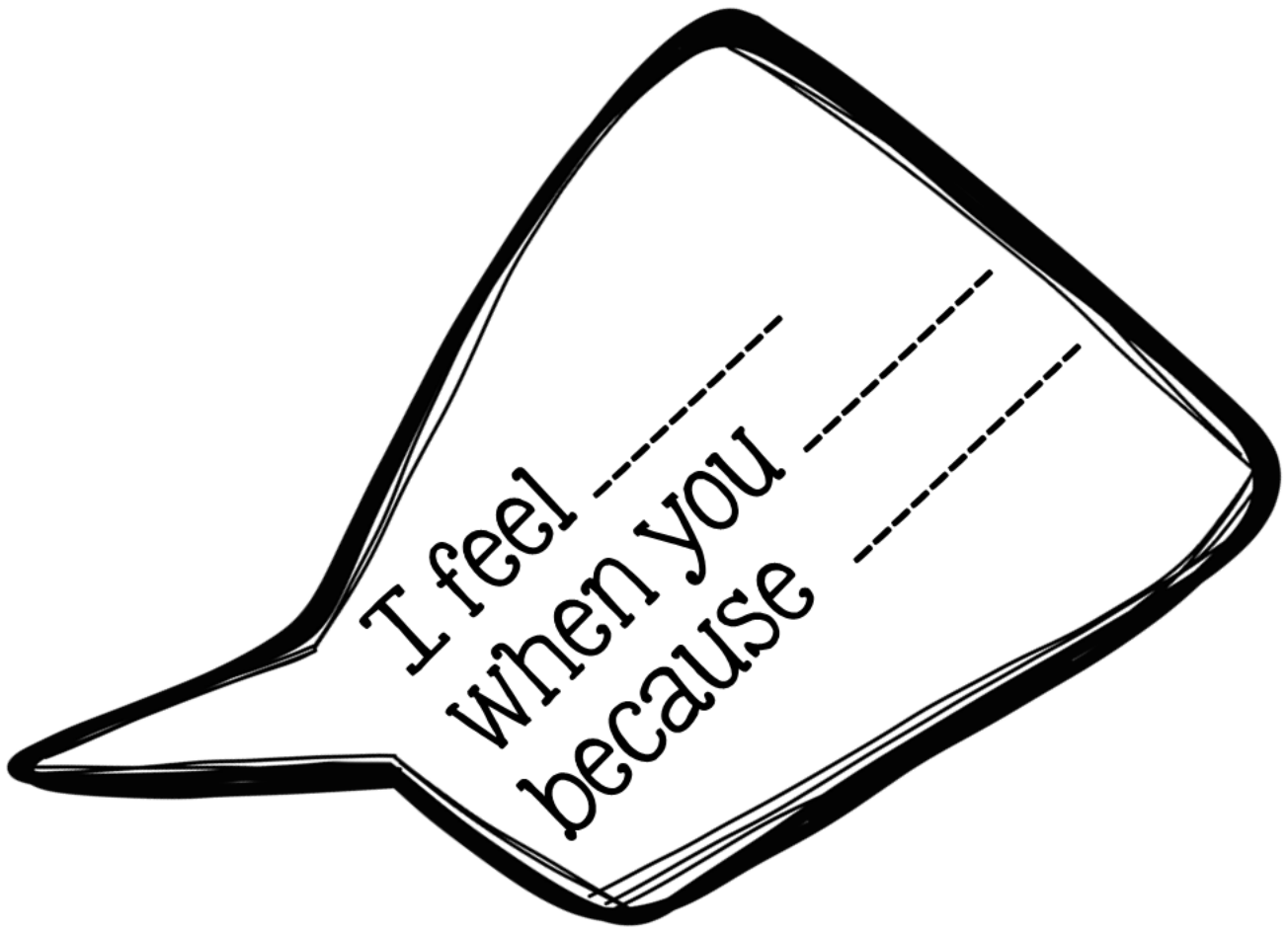
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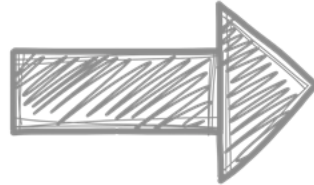
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to an
I Message

You Message

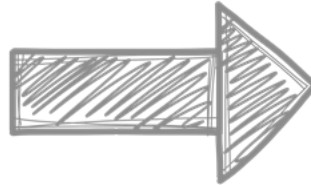
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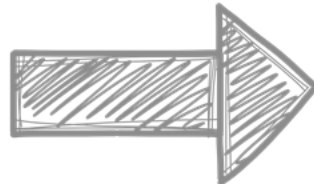
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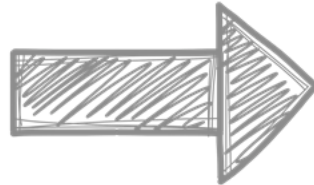
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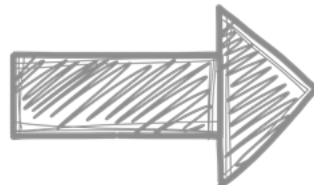
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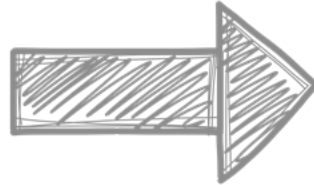
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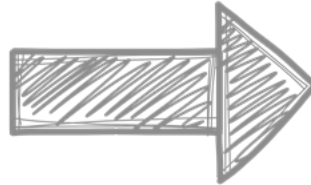
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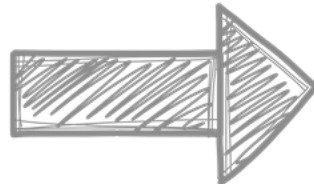
I feel
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You don't even care.



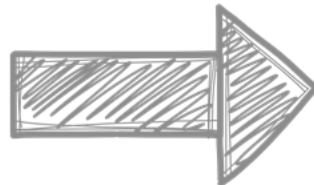
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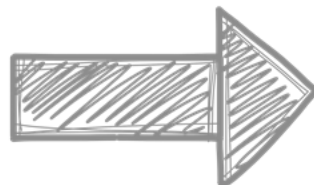
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You play favorites, you like them more than me.



I feel
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You never share with me.



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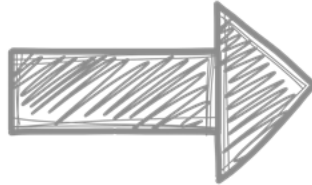
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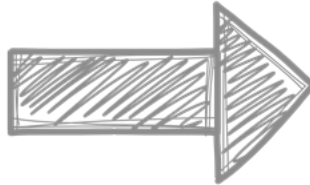
I Message

You say one thing,
and then do
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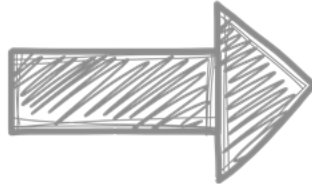
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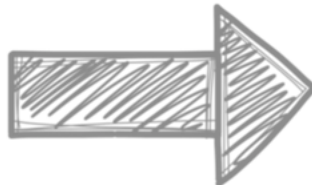
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I don't know why
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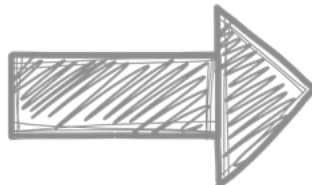
I feel
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You can't be
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I feel
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You always give
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Change the You Message

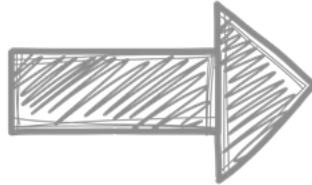
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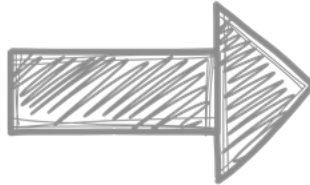
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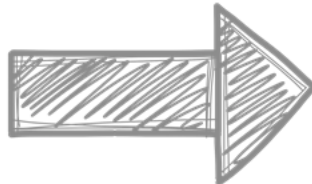
I feel
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You can be so rude sometimes.



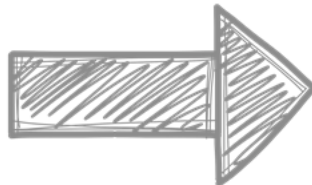
I feel
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Why are you being so defensive?



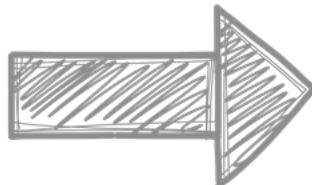
I feel
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You are so annoying, leave me alone.



I feel
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Why didn't you call me last night?



I feel
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GOOGLE CLASSROOM

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1 Click here  [I Messages Activity](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**
Otherwise they will all be editing the same file.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

Click the icons to connect with me



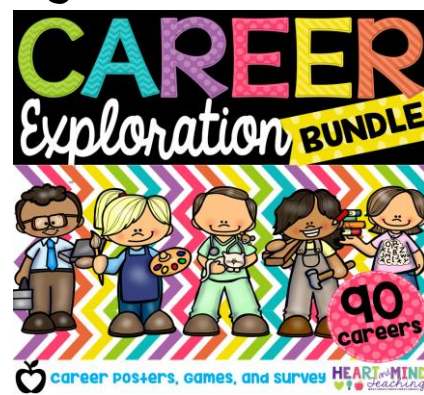
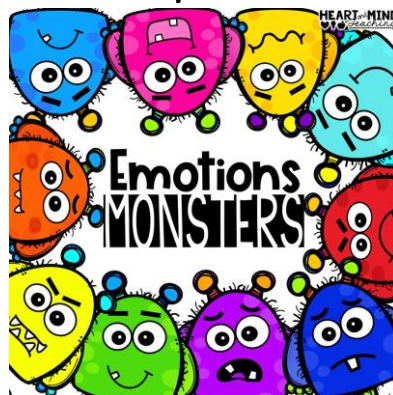
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RECOMMENDED RESOURCES



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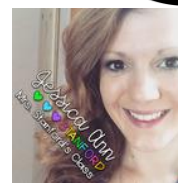
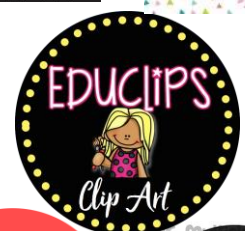
heartandmindteaching@gmail.com



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[Gayle McGlaulin](#)