

# SAMPLE "YOU-MESSAGE"

Read the text conversation between Naomi (*messages in white*) and her friend (*messages in blue*).

How would you feel if you were Naomi's friend?



# “I-MESSAGE” PRACTICE

*Directions: Read the following examples.*

*Imagine they were happening to you; then, write your own “I-Message” for each example.*

## EXAMPLE:

Your mom is making you cut your hair before you visit your grandparents. But you want your hair to stay how it is.

I feel upset  
 when you make me change my hairstyle  
 because I like the way my hair looks.

1. A teammate has been making fun of the shoes you wear to practice.

I feel \_\_\_\_\_  
 when you \_\_\_\_\_  
 because \_\_\_\_\_ .

2. Your classmates won't let you join their game at recess.

I feel \_\_\_\_\_  
 when you \_\_\_\_\_  
 because \_\_\_\_\_ .

3. Your sibling calls you a “nerd” because you like to read.

I feel \_\_\_\_\_  
 when you \_\_\_\_\_  
 because \_\_\_\_\_ .

# CONFLICT RESOLUTION FORTUNE TELLER



# EMOTIONAL EMOJIS

