

# "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 currently 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 \_\_\_\_\_.