

I - STATEMENTS

Directions:

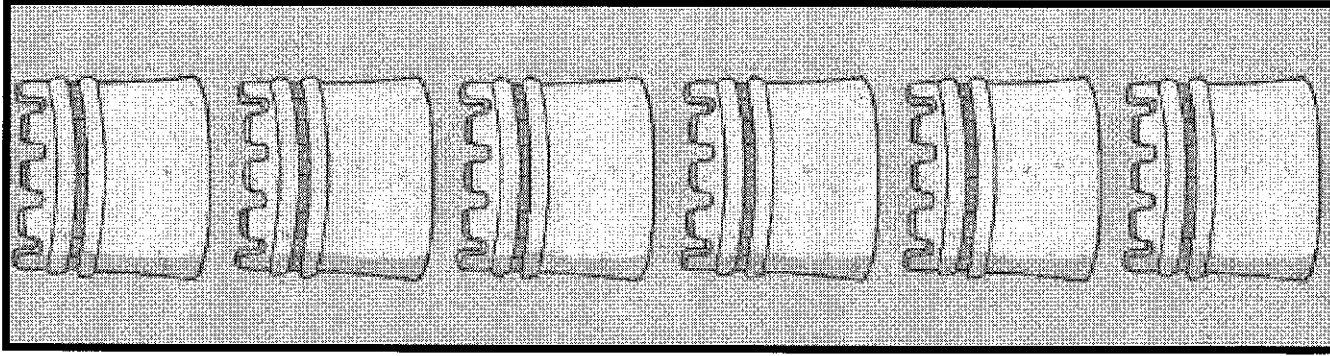
1. Choose an emotion word from the **I feel** column that describes how the situation made you feel.
2. Choose an action from the **when you** column the describes what the other person did.
3. Choose an action from the **and I want** column that describes what you would like the other person to do.

I feel _____

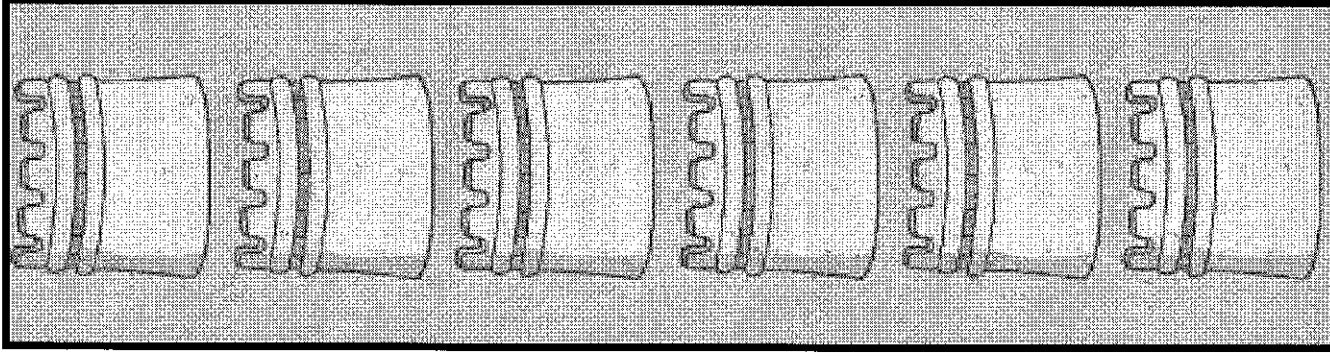
when you _____

and I want _____

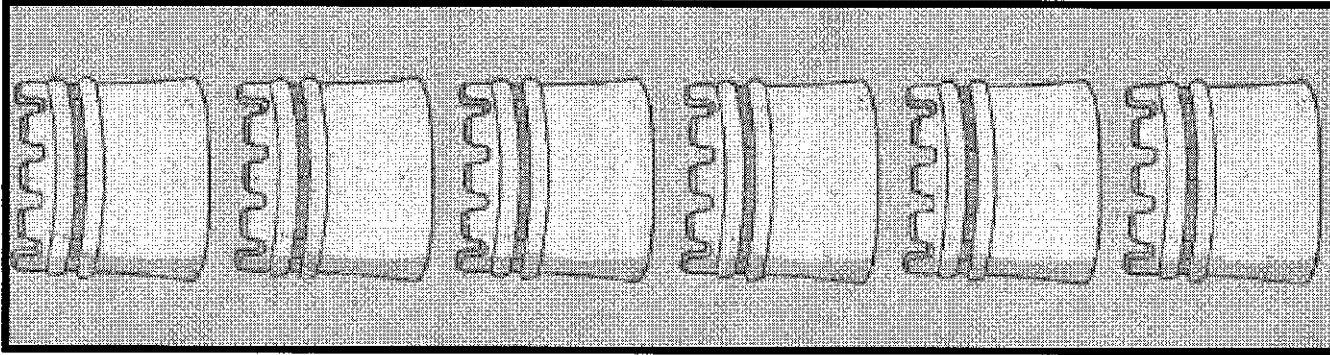
and I want

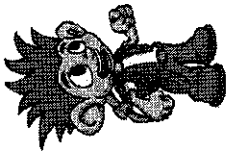


when you



I feel





COMMUNICATION EXPLAINING HOW YOU FEEL

These scarab beetles are friends, but they have been arguing a lot. It's getting in the way of them working together. Help them to communicate without arguing by explaining how they feel without blaming the other beetle.

Directions: Read what the beetle says. Then suggest what he should say next from one of the multiple choice answers below him.

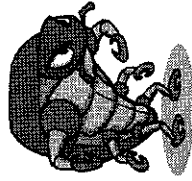
1. "After I shared my secret with you, you told everyone else!"



What should he say next?

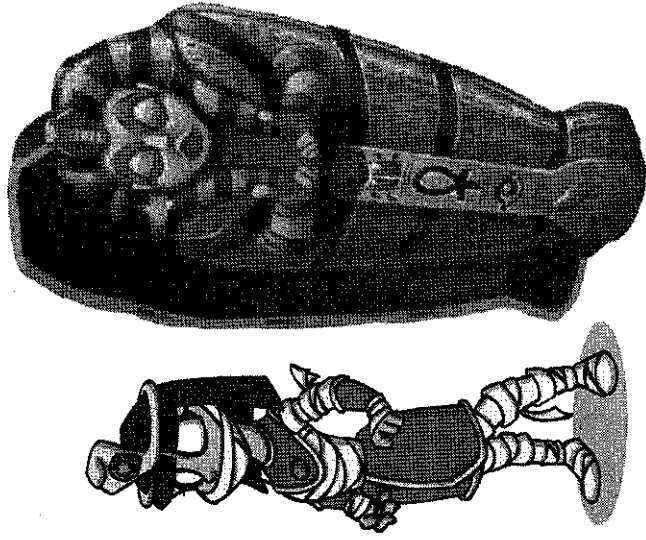
- A. "I think you were mean to tell my secret to everyone!"
- B. "You're such a bad friend! You can't keep a secret!"
- C. "I was embarrassed that everyone else knew my secret. I wanted it to stay between you and me."

2. "When I got back to the classroom, it looked like you had been taking something from my desk!"

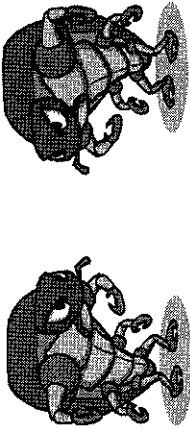


What should he say next?

- A. "What did you take from my desk?"
- B. "What were you doing at my desk?"
- C. "I can't believe you would mess with my stuff while I'm out of the room."



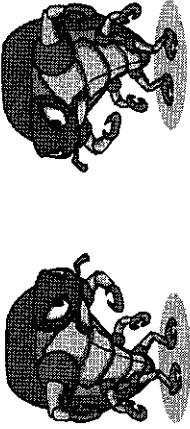
3. "When I wanted to join the soccer game at recess, you said the teams were full."



What should he say next?

- A. "I guess I'm just not good enough to play with you."
- B. "You always leave me out! It's not fair!"
- C. "I really wanted to play with you."

4. "You invited a lot of our classmates to your birthday party, but not me."



What should he say next?

- A. "You're mean for not inviting me!"
- B. "I wish I could have come too."
- C. "I'm going to invite everyone EXCEPT you to my birthday party."

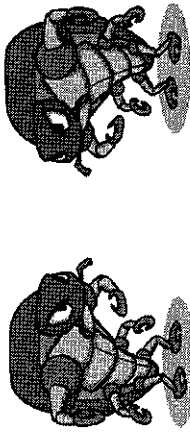
5. "You always win when we play games against each other."



What should he say next?

- A. "You must be cheating!"
- B. "Maybe you could let me win sometimes."
- C. "Could you give me some tips so I can do better?"

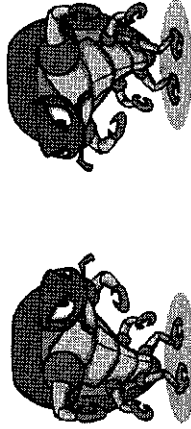
"We always watch the TV shows you want to watch."



What should he say next?

- A. "You're really selfish for not letting me pick."
- B. "It's frustrating that I don't get to watch shows I like."
- C. "The shows you like are boring. The shows I would pick are better."

7. "Your dog popped the ball I let you borrow."



What should he say next?

- A. "I'm really disappointed. That was my favorite ball."
- B. "You always break my stuff!"
- C. "You're really careless and make me really mad when you don't take care of my stuff."

