SEL · CONFLICT RESOLUTION · GRADES 2–5

Use an I-Message

Learn the I-message: I feel... when... because... I need... Then write one for three real problems.

Name: _____ **Date:** _____



An **I-message** tells someone how you feel without blaming them. **I feel** (the feeling) **when** (what happened) **because** (why it matters). **I need** (what would help). Example: "I feel upset when you take my markers without asking because I need them for my project. I need you to ask first."

1. Your brother keeps changing the TV channel while you are watching.

I feel _____

when _____

because _____

I need _____

2. A friend tells your secret to the class.

I feel _____

when _____

because _____

I need _____

3. Your group does not let you share your idea.

I feel _____

when _____

because _____

I need _____

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ANSWER KEY · CONFLICT RESOLUTION · GRADES 2–5

Answer Key: Use an I-Message

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



An **I-message** tells someone how you feel without blaming them. **I feel** (the feeling) **when** (what happened) **because** (why it matters). **I need** (what would help). Example: "I feel upset when you take my markers without asking because I need them for my project. I need you to ask first."

1. Your brother keeps changing the TV channel while you are watching.

I feel frustrated

when you change the channel

because I was in the middle of my show

I need to finish my show, then you can pick

2. A friend tells your secret to the class.

I feel hurt

when you told my secret

because I trusted you

I need you to keep my secrets private

3. Your group does not let you share your idea.

I feel left out

when nobody listens to my idea

because I want to help the group

I need a turn to talk

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