



The student will demonstrate the use of *I-Messages* for at least three social situations.

**Lesson Formative Assessment (acceptable evidence):**

**Assessment should relate to the performance outcome for goals, objectives and GLE. Assessment can be question answer, performance activity, etc.**  
 Students are able to use *I-Messages* and tell how they can be applied to everyday situations.

**Lesson Preparation**

**Essential Questions:** What happens when someone doesn't talk about their feelings?

**Engagement (Hook):** Remind students of previous lesson involving puppets. Tell students that in this lesson they will learn more about how they can use *I-Messages* to convey their feelings to others.

**Procedures**

<b>Instructor Procedures/Instructional Strategies:</b>	<b>Student Involvement/Instructional Activities:</b>
1. Counselor reminds students of previous lesson and briefly reviews what they did.	1. Students listen and add ideas.
2. Counselor talks about <i>I-Messages</i> and tells students how they can let others know their feelings.	2. Students listen.
3. Counselor distributes copies of <i>I-Message</i> handouts to students. Students take turns helping to read the handout.	3. Students volunteer to read portions aloud
4. Counselor and students brainstorm situations where <i>I-Messages</i> could be useful in communicating with others. A list is developed on white board/ chalkboard/ or chart paper.	4. Students participate in brainstorming activity.
5. Counselor directs students to pair up and practice using <i>I-Messages</i> with some of the situations from the list they developed.	5. Students pair up and each pair selects a situation from the list to use for practice in using <i>I-Messages</i> .
6. Counselor asks students to share what happened during their practice and how this can be applied to everyday life.	6. Students participate in discussion.

**Teacher Follow-Up Activities**

Teacher models and encourages the use of *I-Messages*.

**Counselor reflection notes (completed after the lesson)**

## I-Messages

When communicating with others, it is important to be honest in what you say. It is also important to say things in a way that get your message across without sounding mean, hurtful, or accusing. I-Messages are one good way to do this.

I-Messages show that you:

- Own your feelings
- Own your opinions
- Are honest in your expressions

When using I-Messages you speak from your own point of view. Using “I” instead of “we,” “you,” or “they” takes ownership of the feelings and opinions you are trying to express to others. For example, saying, “*You spoiled everything when you told the class I won the trophy last weekend,*” sounds like someone is accusing or blaming. Using I-Messages instead would sound more like this: “*When you told everyone my exciting news, I felt cheated because I wanted to tell them myself.*”

I-Messages can be used anywhere: at school and at home, with friends and with family.