

Communicate with "I" Statements	
First	"I fee [...]"
Second	"when you do [...]" (or don't do)
Third	"because I think it means [...]."
1st	afraid, angry, hurt, jealous, sad, mad
2nd	Specific action, behavior, request.
3rd	You don't care, consider, love, want me.
Copyright © 2017 by Kevin Everett Fitzmaurice https://kevinfitzmaurice.com	

Third and Fourth graders were taught to use "I" messages when feeling upset. I messages teach students to identify their emotions and tell someone what they need. It also teaches students to focus on the correct tone and be aware of their body language.



Fifth graders were taught what their conflict style is. There

are 4 different conflict styles:

Turtle - Avoider

Shark - Competitor

Fox - Compromiser

Teddy bear - Accommodator

Owl - Collaborator

Students were taught the advantages and disadvantages and disadvantages of each style.

Students were also taught "I messages."

