

I-FEEL Practice

Read these scenarios and determine how each person can use an I-Feel statement.

Tracey's little sister, Sophia, keeps going into her room and playing with her toys when she's not home. What should Tracey say to her sister?

I FEEL _____ WHEN YOU _____
_____ BECAUSE _____
_____. I NEED YOU TO PLEASE _____.

Jeremiah and Lucy are playing a game. Lucy starts to cheat because she doesn't like to lose. What should Jeremiah say to Lucy?

I FEEL _____ WHEN YOU _____
_____ BECAUSE _____
_____. I NEED YOU TO PLEASE _____.

Weston keeps pushing Ron whenever he sees him in the hallway. Ron is getting tired of Weston's bullying. What is something he could say?

I FEEL _____ WHEN YOU _____
_____ BECAUSE _____
_____. I NEED YOU TO PLEASE _____.

