

# **I-Message Chart**

**I Feel** \_\_\_\_\_

**Happy**

**Mad**

**Sad**

**Scared**

**Frustrated**

**Embarrassed**

**When you** \_\_\_\_\_

**Call me a name**

**Hit me on the arm**

**Make fun of me**

**Tease me**

**Say I'm not your friend**

**I wish you would**

**Stop calling me names**

**Stop hitting me**

**Stop**

**Stop teasing me**

**Lighten up**

**Understand**