**Objectives:**
To form "I statements" applicable to different situations

**Length of Session:**
First session-60 minutes; Should be done repeatedly for 10-15 minutes with situations from Ss lives and/or teacher made up

**Vocabulary Introduced:**
Feelings adjective from handouts; adjectives from the "Feelings" Jar

**Materials**
Handouts (Creative Therapy Associates) Feelings Jar Chart & guidebook (from Creative Therapy Associates)

**Evaluation**
Have the students share their group's I-statements.

**Presentation**
Title can be introduced with the class "Constructing I-statements". Stop for comments and questions.

**Guided Practice**
• Write on the board the formula for I-statement. Brainstorm with class situations where you would use it. (Your daughter/son comes home late from school and didn't call. Your partner is late for dinner).

**Scans/SEF-ESL**
- Self Esteem
- Negotiation (Interpersonal Skills)
- Integrity/Honesty
- Interpersonal Competencies
- Negotiates (Interpersonal Skills)
**BEYOND CLOSURE**

"I statements" can also be used to accentuate positive behavior or for complements. Look over some of the feelings words on the list. How we are likely to feel when our needs are being met.

**APPLICATION**

Continually review "I statements" using the feelings list or the cards.

During class discussions, encourage Ss to use "I" statements.

"I statements" can also be used to account positive behavior or for complements.

**CLOSURE**

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