

"I" STATEMENT SANDWICH

Since emotions happen on the inside of our bodies, people might not know when we are feeling big emotions. "I" Statements help us communicate what we are feeling to the people around us!

1. Cut out and assemble the chef hat, sandwich steps, and ingredients.

2. Assemble your sandwich.

a. Pick an "I Feel" slice of bread.

b. Add a veggie emotion.

c. Pick a "When" ingredient. On the back, write in when you might feel this way.

d. Add a "I Need" condiment. On the back, write in what you need to cope during this event.

e. Finish off your sandwich with a second slice of bread.

3. Make as many sandwiches as you want!



"I" STATEMENT SANDWICH INGREDIENTS

I FEEL...

Feelings happen on the inside. To let people know what's happening on the inside, say "I feel..."

WHEN...

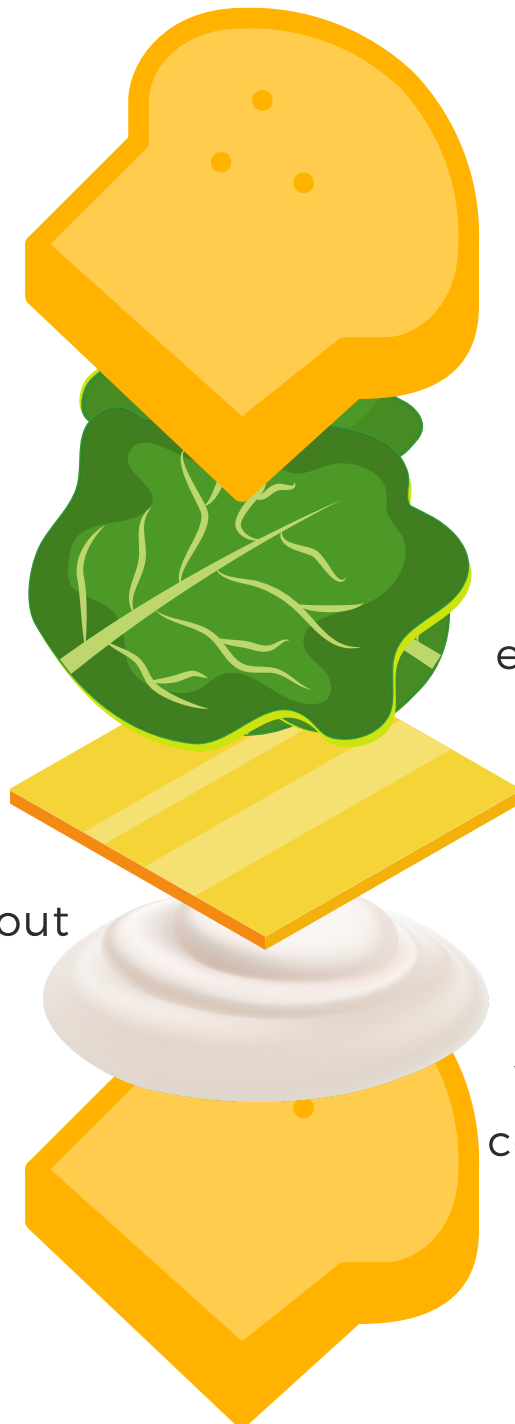
What is making you feel this way? Say it out loud,

EMOTION

Say the emotion you are feeling. Use your emotions dictionary if you need help.

I NEED...

What do you need to cope with the feeling?



STEP 1

I FEEL...

STEP 2

EMOTION



STEP 3

WHEN



STEP 4

I NEED...

**I STATEMENT
CHIEF**









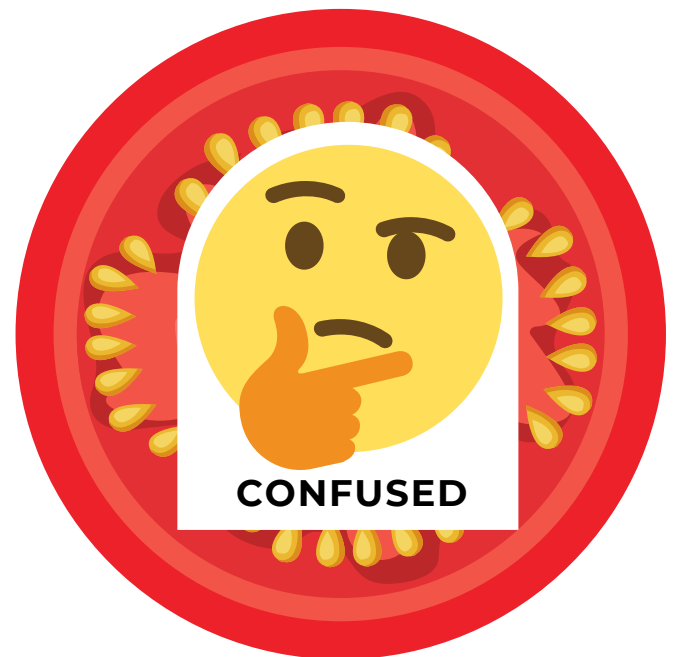
LONELY



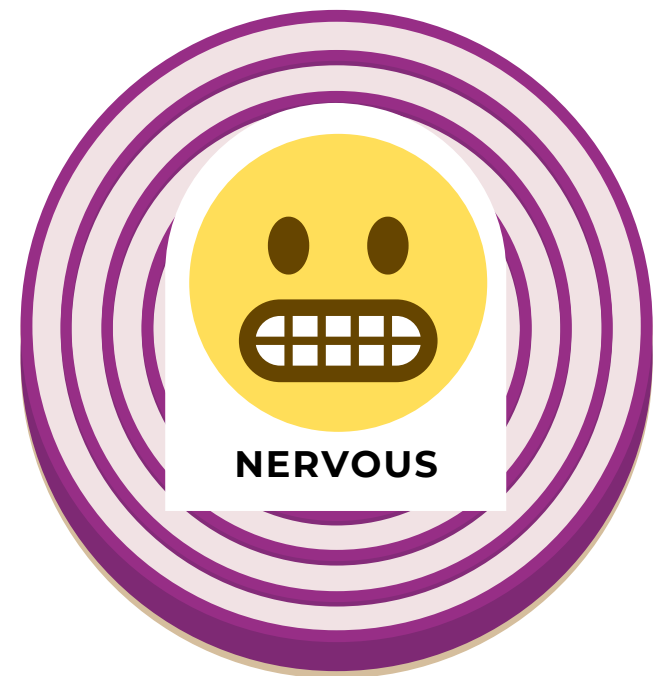
ANGRY



FRUSTRATED



CONFUSED

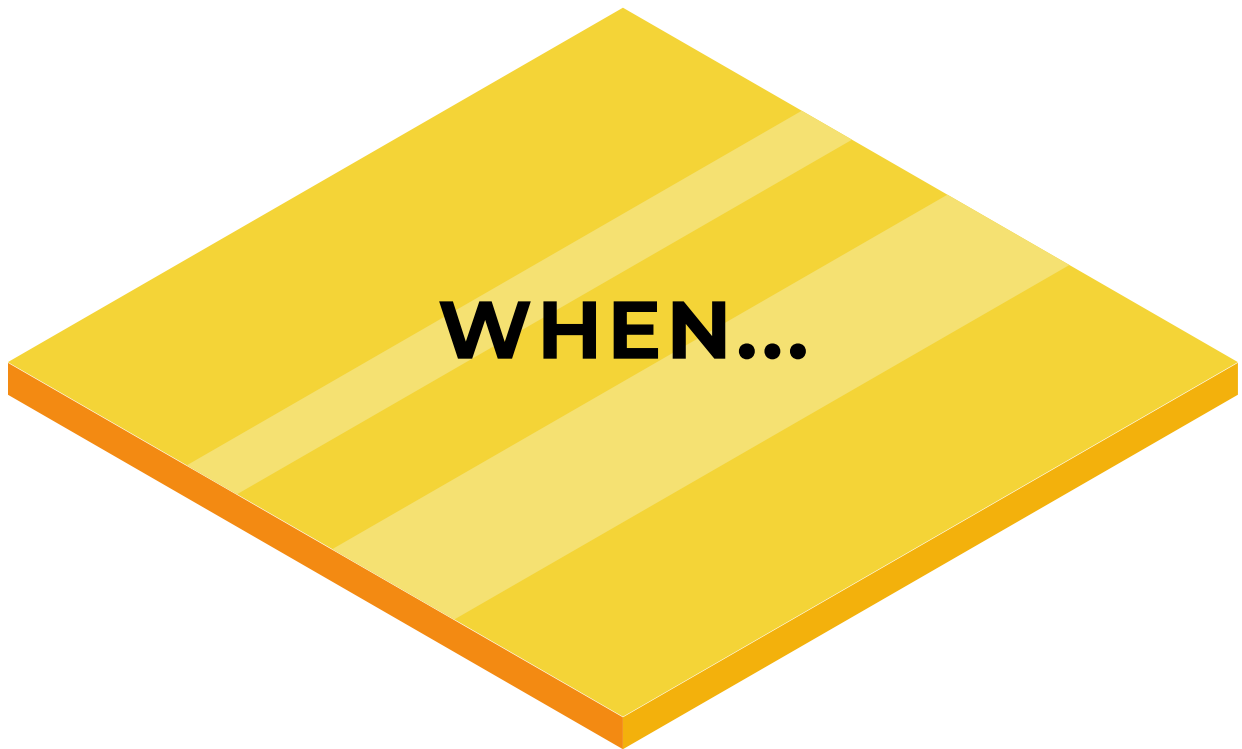


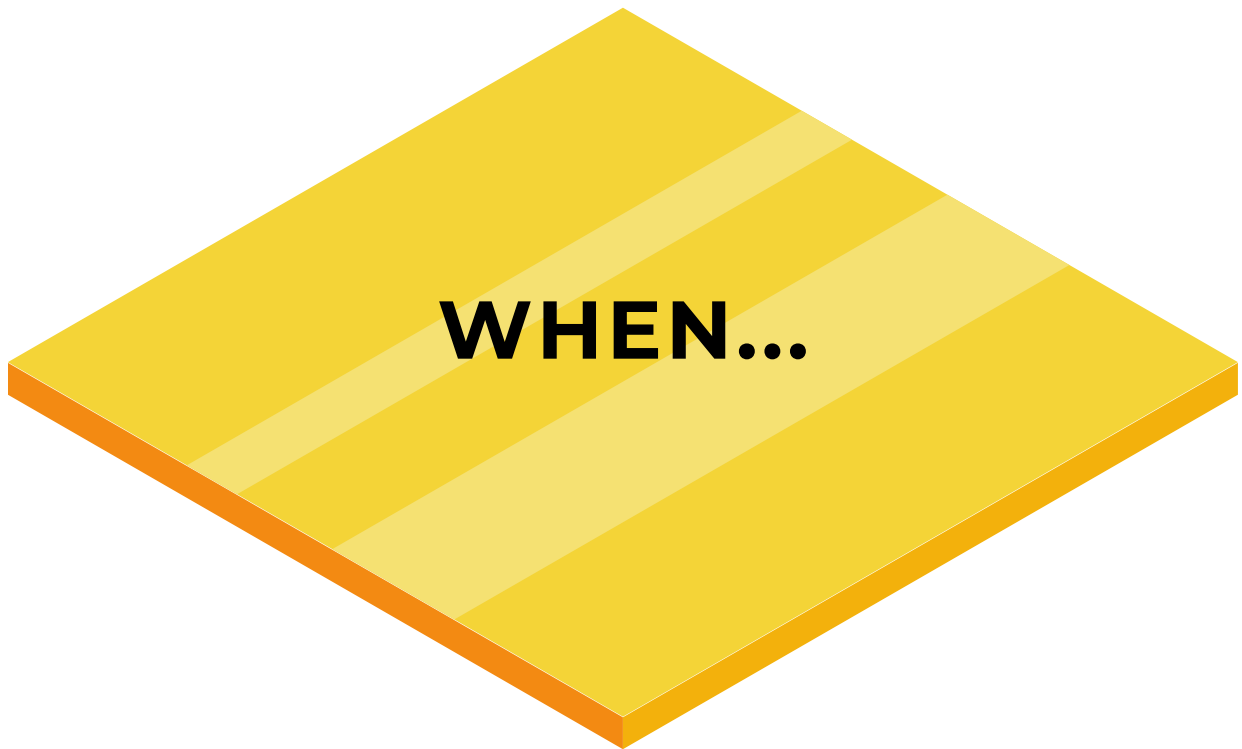
NERVOUS



SAD







I NEED

I NEED

I NEED

I NEED

I NEED

I NEED

