



Lesson 1
Feelings/ "I Messages"

Student Name _____

During story 1, Coach Katrina Kangaroo taught her team how to express their feelings in a positive way by using "I messages".

1. Tell about an "I Message" you gave this week.

2. Pretend you are mad at one of your friends. Write an "I Message" following this format:
I feel _____ when _____ because _____.

3. Tell about a time when you could have used an "I Message" to help with a problem with your friends or family.

Parent/Guardian Signature: _____