

I STATEMENTS

A Simple Tool to Help
Kids and Parents Be Heard

I FEEL



sad



worried



ashamed



tired



angry



jealous



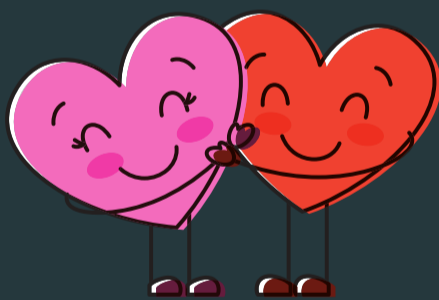
hurt



scared

BECAUSE _____ **HAPPENED**
(NAME THE SITUATION)

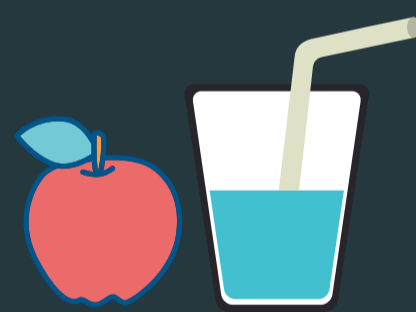
I NEED



A hug



You to listen
and try to
understand



A snack
or a drink



Alone time
to calm
down



Appreciation



Help
Breathing



Constructive
Parenting