

# October

## I-Message Mat



Directions: Explain/model/teach the three parts of an I-message. Then students take turns creating their own by 1) pulling and reading a conflict scenario card and 2) stating each piece of the I-message (“I feel... when you... I need you to please...”) as they physically place that piece on the mat.



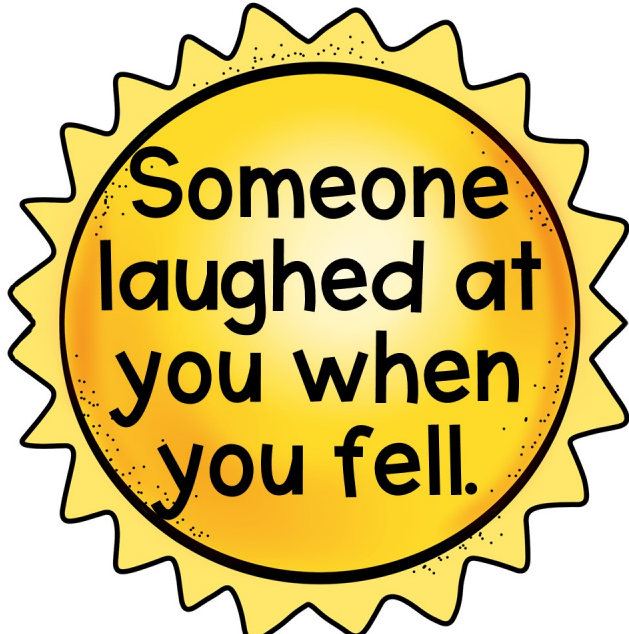
Optional Extension: Students fill in the worksheet with an I-message they imagine themselves needing to give.








**Your  
friend  
ignored you  
at lunch.**



**Someone  
laughed at  
you when  
you fell.**



**Someone  
called you  
a mean  
name.**



**Someone  
is pushing  
at recess.**



**Someone  
won't  
share the  
markers.**



**Your  
friend told  
someone  
else your  
secret.**



Someone  
keeps  
tapping  
their  
pencil.



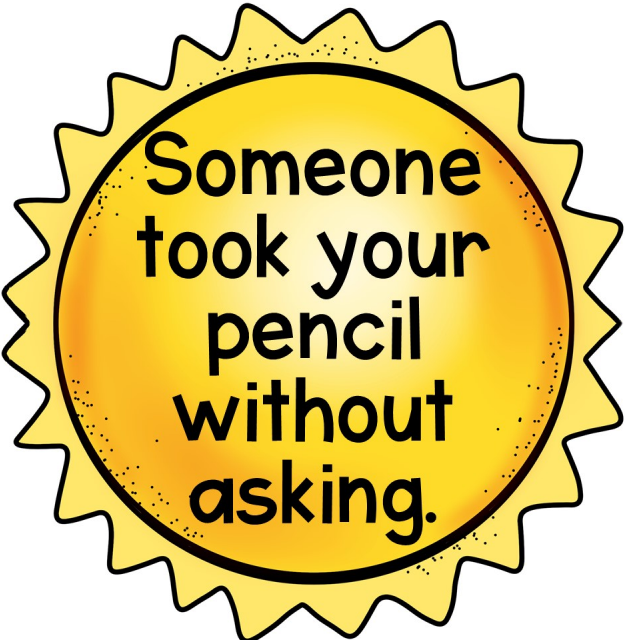
Someone  
touched  
your food.



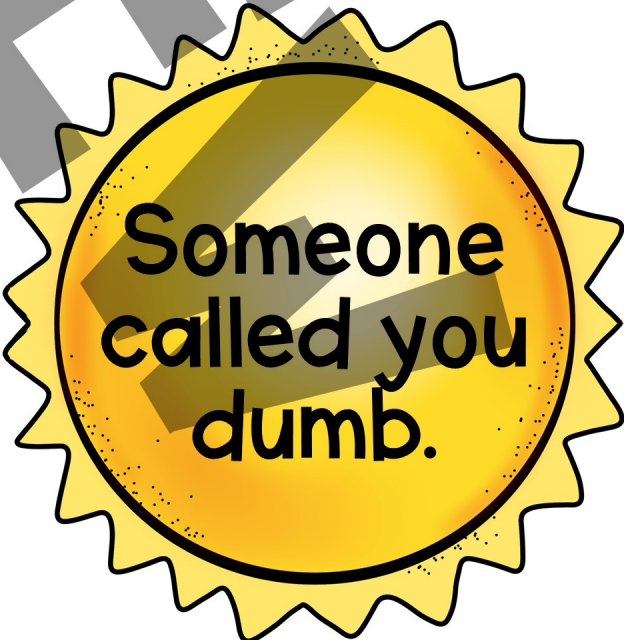
Someone  
said you  
can't play  
with them.



Your friend  
won't listen  
to you.

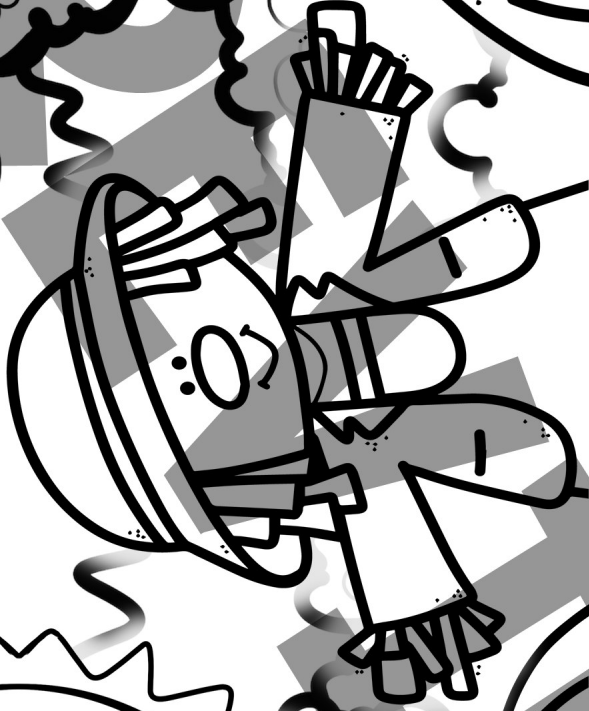
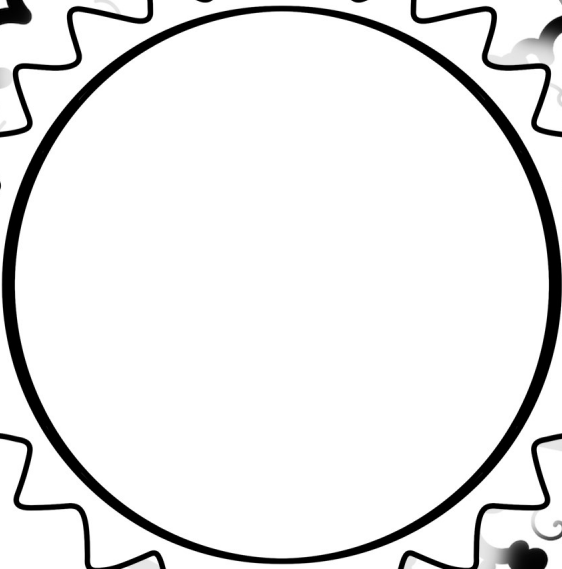


Someone  
took your  
pencil  
without  
asking.



Someone  
called you  
dumb.

Name: \_\_\_\_\_



when you...



I feel...

I need you to...

# the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling and  
Clinical Mental Health

## Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's  
Connect:

