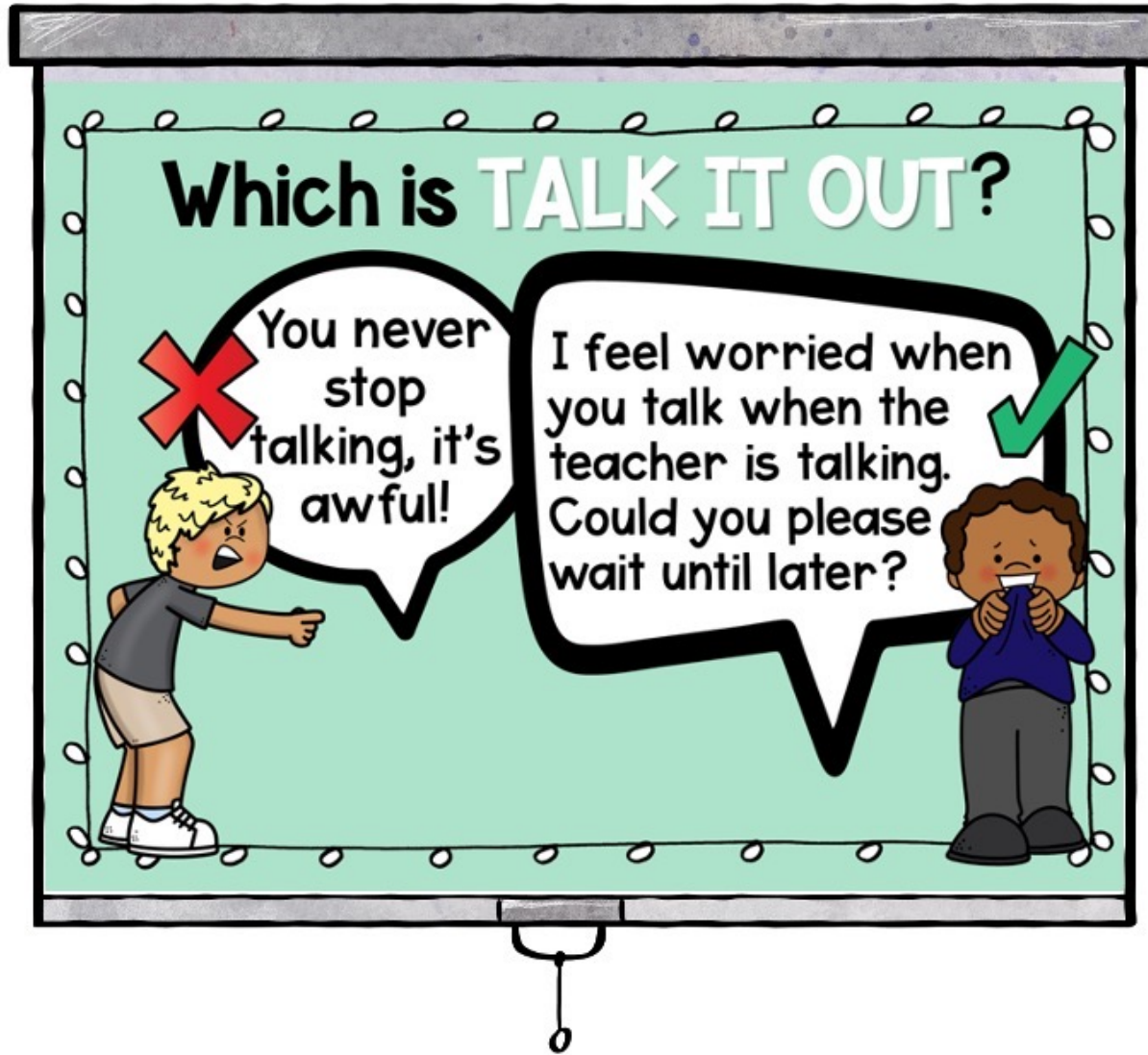


TALK IT OUT I-MESSAGES



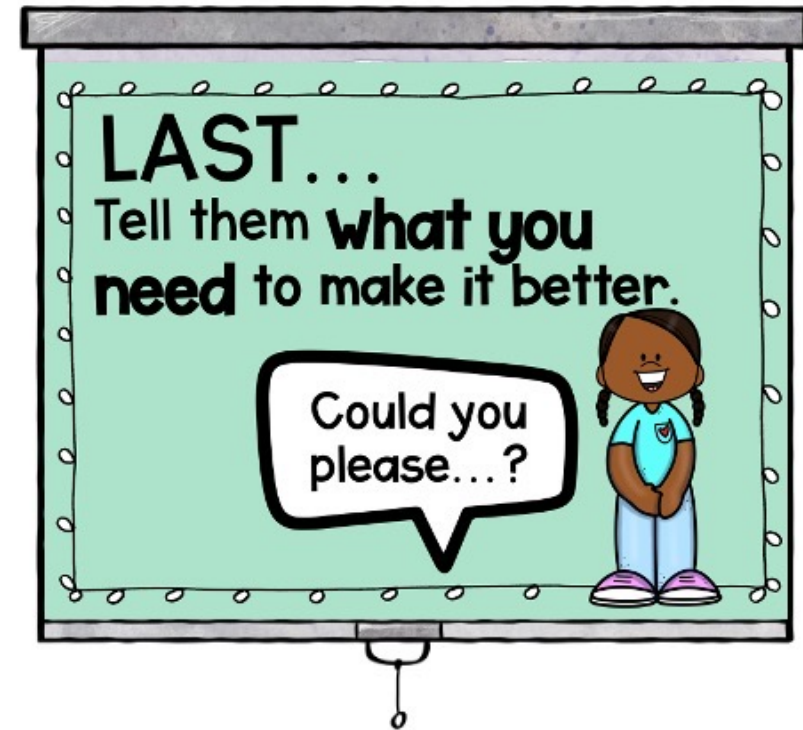
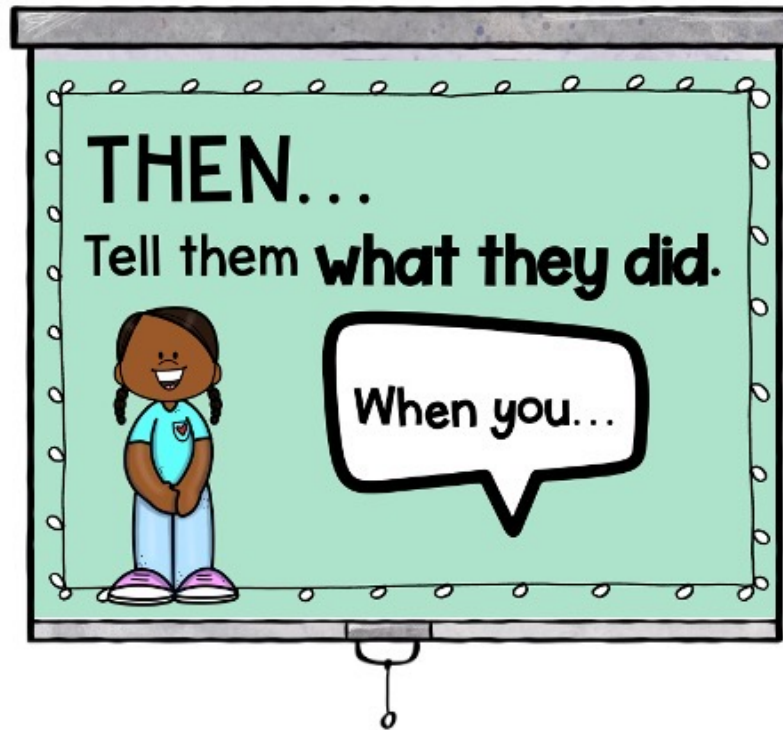
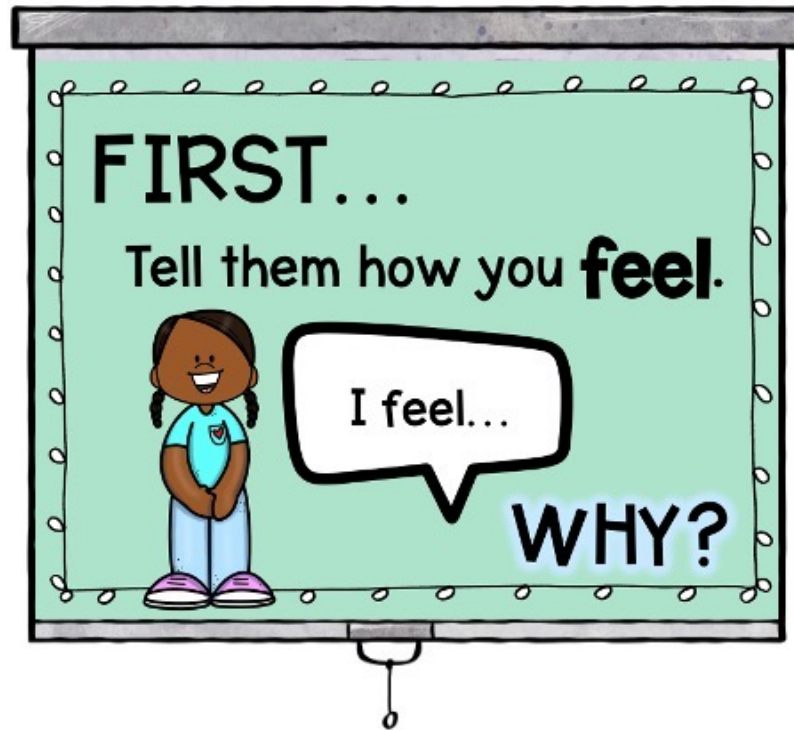
- **Conflict Resolution** lesson for **grades 1-4**
- Builds understanding of **healthy communication**
- **Builds confidence** in body language, tone of voice, and using I-Messages

teaching about I-Messages



Slideshow includes clear **examples** and **non-examples**, helping students **recognize** healthy communication in action

how to talk it out



Includes teaching slides that **break down** the parts of an I-Message and **explains** why each part matters

partner practice

Talk it Out

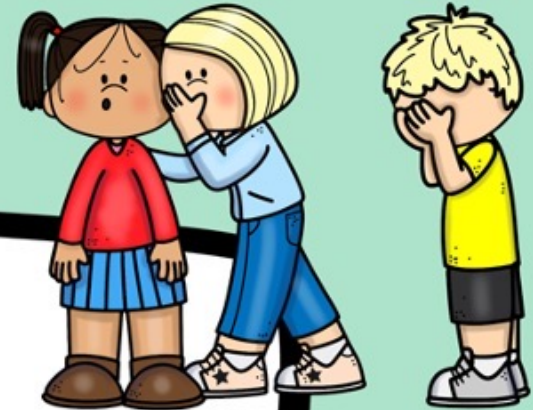
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barrassed
e when my answer is
wrong
because I tried my best.
Could you please be more respectful?

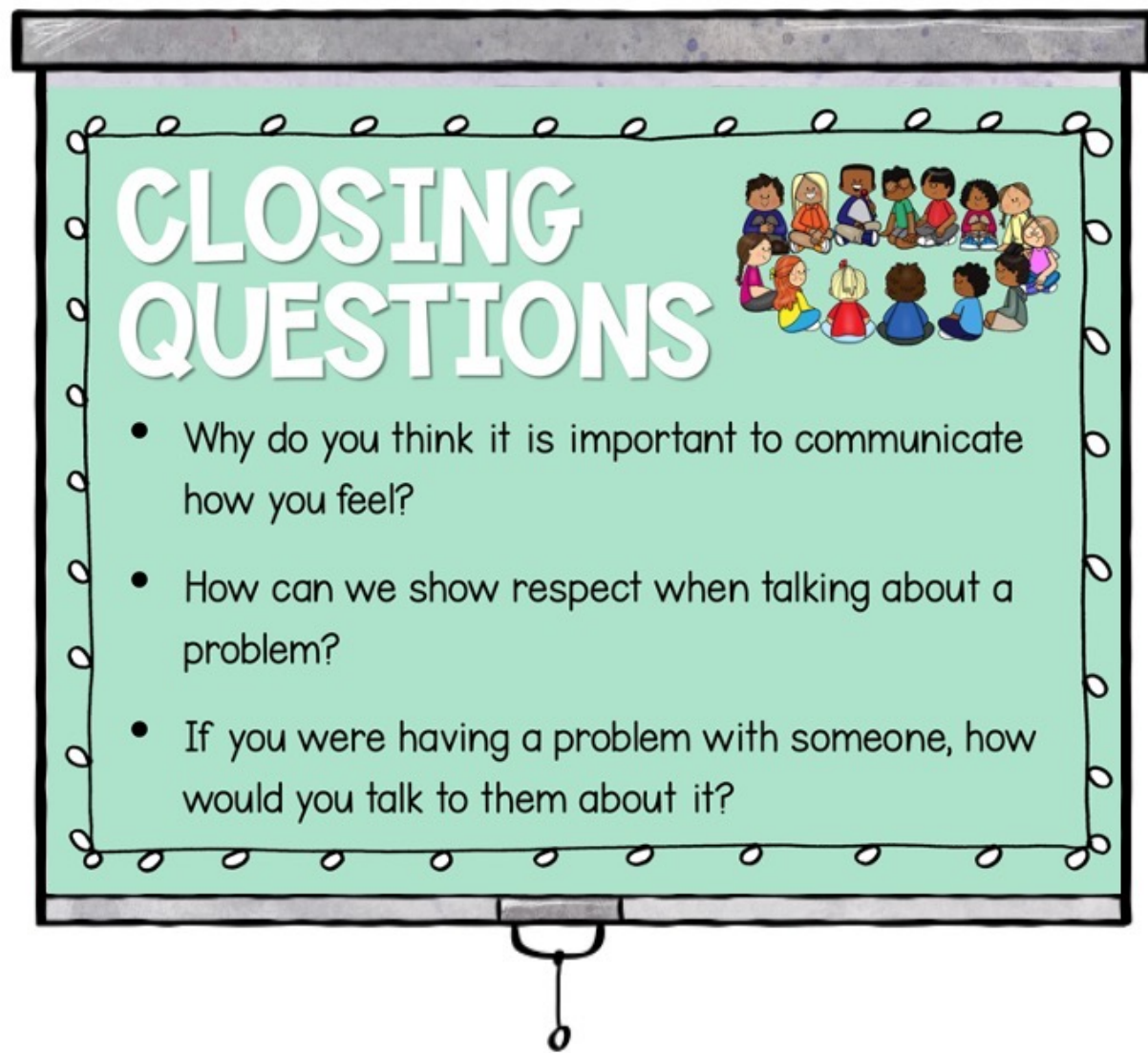
Students **work together** to role play everyday conflicts and practice talking it out

Second partner goes!

I feel...
when you...
Could you please...?



closing questions



Closing questions provide students with the opportunity to **reflect** on the lesson and **apply** learning to themselves

independent practice



Students reflect on a personal conflict and create an **I-Message** as an exit ticket to **demonstrate** their understanding

lesson plan

ASCA and CASEL aligned lesson plan

Talk It Out/I-Messages

Objective(s): Students will identify the components of quality I-messages and will practice delivering and receiving them.

ASCA Mindsets/Behaviors: Use effective oral and written communication skills and listening skills, Create positive and supportive relationships with other students

CASEL Domains: Relationship Skills, Self-Management

Additional Materials Needed: White boards and dry-erase markers (optional)

PLAN/PREP

Slideshow: Review the directions, suggested scripting, and slides ahead of time. Hide and edit slides as needed.

Small Group Practice: Print "Talk It Out" statement cards.

Individual Practice: Print and copy the I-Message worksheet for each student and use as an exit ticket.

PACING

This lesson is created to be 45 minutes. If you are using this for a 25 – 30 minute lesson, you can make the following adjustments:

- Complete Opener and Slideshow
- Complete Whole Group Activity
- Small Group Practice Activity – Use "Talk It Out" statement cards as a whole group activity
- Closing Circle Questions – Depending on time, choose one or do all three
- Skip Exit Ticket

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TALK IT OUT

Teach

- Slide 10: Have this slide up for reference when students pair and share.
- Slides 11 - 24: Read and follow the content on the slides.

Note: To save time or if space is limited, this activity can be done as whole group practice. Rather than having students break out. Use as many cards as time allows.

Small Group Practice

- Slide 25: Read content on the slide. Give each student a "Talk It Out" statement card. Choose an activity below:
 - Concentric Circles: Each student has a card and stands in two concentric circles. Students practice reading and responding to talk it out statements, switching cards, then one circle rotates and they repeat.
 - Students use whisper phones to practice reading to themselves, then pass cards to the person next to them.
 - Read-Read-Trade (for independent readers): Read-Read-Trade is a great collaborative learning activity that includes movement. Give each student an I-message card, then ask everyone to stand up and find a partner.
 - Partners each take a turn reading their I-message aloud and letting their partner respond. Then they switch cards and go find new partners.
 - Continue for as much time as you have - I usually do 10 to 15 minutes.
 - If this is the first time using this activity/structure, consider modeling the following skills: how to find a partner/"hand up, pair up", voice volume, turn taking, etc.

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Optional/
suggested
scripting to
use

Outline
breakdown
with activity
directions

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

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 & Mental
Health

experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



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let's connect:

