**I Messages Practice**

Name\_\_\_\_\_\_\_, I feel \_\_\_\_\_\_\_ because/when \_\_\_\_\_\_\_\_\_. What I want/need is \_\_\_\_\_\_\_\_\_.

Your child is raising her voice at you, complaining about doing her chores. Give her an I-message.

Your child is sneaking snacks between meals. Give him an I-message.

Your spouse said that he/she would do something and then did not do it. Give him/her an I-message.