

NAME: _____

DATE: _____

Everyday Speech

ACTIVITIES

Using 'I Feel' Statements with Family

Use an 'I feel' statement if someone acts in a way that makes you upset.
You may be surprised how easily and calmly it solves problems.

1. I feel _____ when my parents treat me like a grown up.
2. When my sister takes my things without asking, I feel _____.
3. My mother must feel _____ when she asks for my attention and I ignore her by not replying back.
4. When I yell at my parents because I am upset about not getting something my way, they feel _____.
5. I feel _____ when my siblings thank me for helping them out with a favor.
6. When my parents show me affection with a hug and a kiss, I feel _____.
7. When I give up too quickly playing a game that my father is excited about, he feels _____.
8. It must be _____ for my parents when I refuse to do a task that they had repeatedly asked of me.
9. If I am eating at the dinner table and I do not practice good table manners, my family might feel _____.
10. My family is _____ of me when I focus and practice hard at a hobby that I enjoy, like playing piano.

Word Bank

stressful	frustrated	distressed	loved	disappointed
respected	embarrassed	rejected	happy	proud