

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: MAKING A COMPROMISE
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: Using I-Messages

Grade Levels: K-2

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Whiteboard and markers.

Preparation: None needed.

ACTIVITY

Introduce the concept of "I-messages" and "blaming" messages. Tell the students an "I-message" is a statement about your own feelings. It says what's bothering you and why.

Example: "It really bothers me that we can't find a way to compromise. We could do a better job if we worked together instead of arguing all the time."

A "blaming" message says what's wrong with the other person.

Example: "You're ruining our project. You're a jerk. You never do anything right."

An "I-message" is constructive and points to a solution. A "blaming" message puts the other person on the defensive and leads to more conflict. "I-messages" usually work better.

Referring to the conflicts already listed on the board, ask students to role play using "I-messages" in these situations instead of "blaming" messages. You might want to demonstrate the "blaming" messages yourself to avoid asking students to practice a negative behavior.