

# I STATEMENTS

A Simple Tool to Help  
Kids and Parents Be Heard

## I FEEL



sad



worried



ashamed



tired



angry



jealous



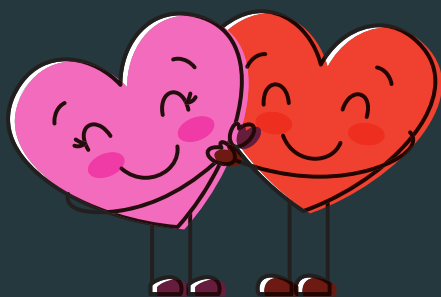
hurt



scared

**BECAUSE \_\_\_\_\_ HAPPENED**  
(NAME THE SITUATION)

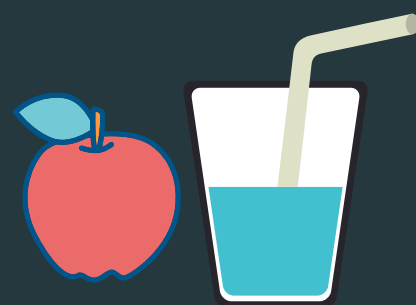
## I NEED



A hug



You to listen  
and try to  
understand



A snack  
or a drink



Alone time  
to calm  
down



Help  
Breathing



You to  
remind me  
you love me



Help safely  
releasing my big  
energy



Help Fixing the  
Problem



Constructive  
Parenting