



**I Feel**

# How to tell them the way **I Feel**

## *How to use this resource:*

- Sometimes it is hard to tell others what is bothering us.
- This resource is to help you practice how to tell people how you feel, and what you need.
- You can either print these sheets as they are, or laminate them so they can be used over again.

## *What you will find here:*

The first 3 sections are in 3 different colours so that you can choose.

The idea is to bring to mind something that has bothered you, or, continues to bother you. Imagine you are having a conversation about it. Think of how you might explain.

Use the template to guide your thoughts.

You could do this on your own or with a trusted adult.

**Section 1** - These pages have boxes, so that you know where to write your thoughts.

**Section 2**- These pages don't have boxes as you might like more space.

**Section 3**- These steps are completely blank so that you can practice making your own steps or you might like to create your own template.

**Section 4** - The last section has two sheets. The first one is to help you talk about something that has happened. The second is help you talk about something that keeps happening.

*How to tell them the way*  
**I Feel**

*Section I*

**These pages have boxes, so that you know where to write your thoughts.**



**I feel...**

Dotted rectangular box for writing.

**1**

**When you...**

Dotted rectangular box for writing.

**2**

**Because...**

Dotted rectangular box for writing.

**3**

**It would really help me if...**

Dotted rectangular box for writing.

**4**

**Thank you**

**5**

**I feel...**

[Empty dashed box for writing]

**1**

**When you...**

[Empty dashed box for writing]

**2**

**Because...**

[Empty dashed box for writing]

**3**

**It would really help me if...**

[Empty dashed box for writing]

**4**

**Thank you**

**5**

**I feel...**

[Dotted box for writing]

**1**

**When you...**

[Dotted box for writing]

**2**

**Because...**

[Dotted box for writing]

**3**

**It would really help me if...**

[Dotted box for writing]

**4**

**Thank you**

**5**

*How to tell them the way*  
**I Feel**

*Section 2*

These pages don't have boxes as you might like more space.



**I feel...**

**1**

**When you....**

**2**

**Because...**

**3**

**It would really help me if...**

**4**

**Thank you**

**5**



**I feel...**

**1**

**When you....**

**2**

**Because...**

**3**

**It would really help me if...**

**4**

**Thank you**

**5**

**I feel...**

1

**When you....**

2

**Because...**

3

**It would really help me if...**

4

**Thank you**

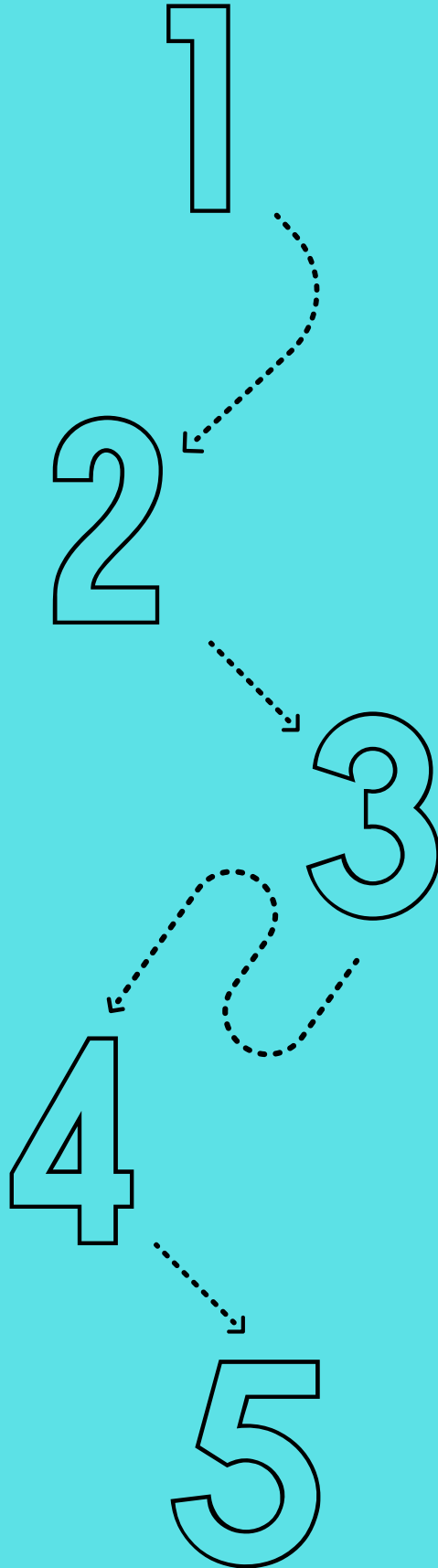
5

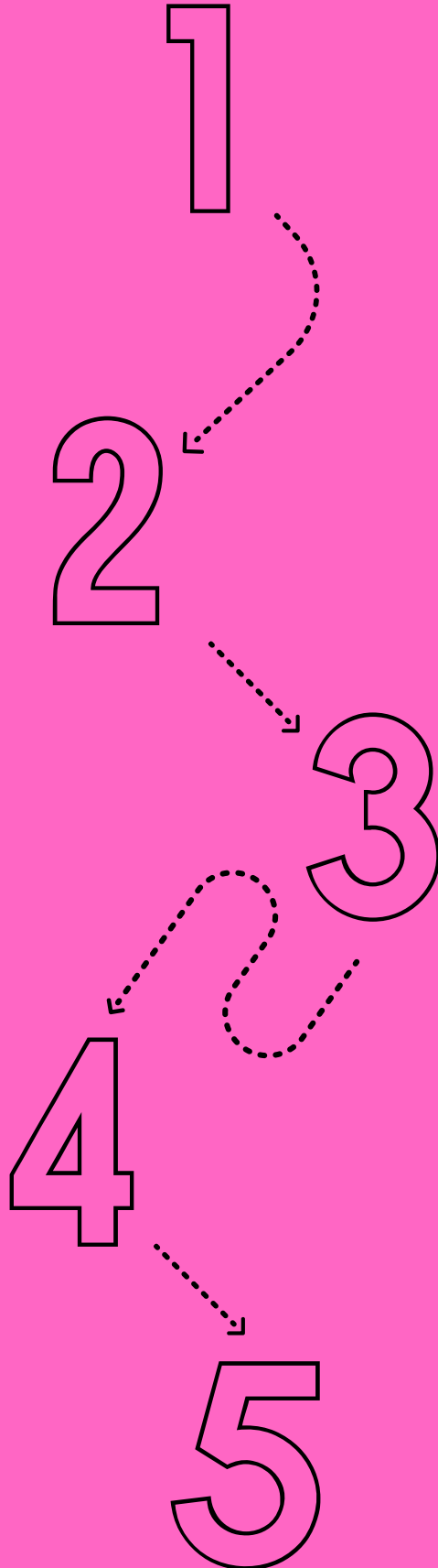
# *How to tell them the way* **I Feel**

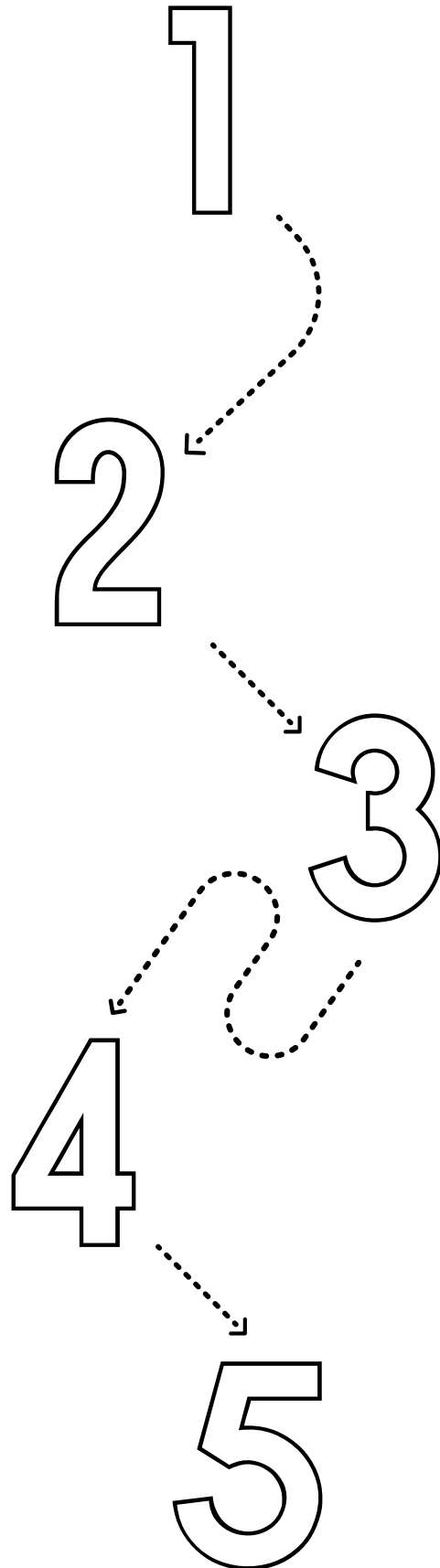
## *Section 3*

These steps are completely blank so that you can practice making your own steps or you might like to create your own template.









# *How to tell them the way* **I Feel**

## *Section 4*

The last section has two sheets. The first one is to help you talk about something that has happened. The second is help you talk about something that keeps happening.



**What happened**\_\_\_\_\_

**I felt**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_

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**What happened**\_\_\_\_\_

**I felt**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_

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**What happened**\_\_\_\_\_

**I felt**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_

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**What happened**\_\_\_\_\_

**I felt**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_



**What keeps happening**\_\_\_\_\_

**I feel**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_

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**What keeps happening**\_\_\_\_\_

**I feel**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_

---

**What keeps happening**\_\_\_\_\_

**I feel**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_

---

**What keeps happening**\_\_\_\_\_

**I feel**\_\_\_\_\_ **when**\_\_\_\_\_

\_\_\_\_\_ **because**\_\_\_\_\_

**It would really help me if**\_\_\_\_\_