

Teach how to use an I-message

An I-message is a de-escalation strategy that supports self-expression and conflict resolution.

Instead of saying, “You stole my pencil” or “Give me back my pencil” ... try an I-message.

- I feel anxious that I won't be able to finish my work on time when you borrow my pencil.
- I would like you to give me back my pencil.

Practise by writing or performing short plays, drawing cartoons, making posters, writing dialogue.

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