“I Feel” Statements Worksheet

Age Group: 8-13 Years | Skill Focus: Expressing Feelings

My name: ..... **Date:** .....

How to use this worksheet
You will learn to share feelings and needs calmly using “I feel ___ when ___ because ___”.
Do each step in order. All feelings are okay. It is how we share them that matters!

1 Name Your Feeling

Tick ONE feeling you have had lately, or write your own. Every feeling is okay!

Happy feelings

- ☐ Excited
- ☐ Proud
- ☐ Calm
- ☐ Thankful

My own: .....

Hard feelings

- ☐ Sad
- ☐ Angry
- ☐ Worried
- ☐ Frustrated

My own: .....

Mixed feelings

- ☐ Left out
- ☐ Embarrassed
- ☐ Nervous
- ☐ Disappointed

My own: .....

Feeling Spark!
An “I feel” statement shares how YOU feel without blaming anyone.
Example: *“I feel left out when my friends whisper because I want to join in.”*

A feeling I had this week:.....

What happened:.....

Where did I feel it in my body? Tick ALL that fit!

☐ Tummy ☐ Chest ☐ Face or head ☐ Hands

How strong was the feeling? Tick ONE!

☐ A little ☐ Medium ☐ Very strong

2 Learn the Formula

Three simple parts make a calm, clear "I feel" statement. Add a need to finish it!

The "I Feel" Formula

I FEEL **Name the feeling**
"I feel frustrated…"

WHEN **Say what happened (no blaming)**
"…when you interrupt me…"

BECAUSE **Say why it matters to you**
"…because I lose my idea."

NEED **Ask for what you need**
"Can you please wait until I finish?"

Which one is calmer? Tick it!

- ☐ "You never let me play!"
- ☐ "I feel left out when I am not asked because I want to join in."
- ☐ "I feel sad when my toy breaks because it is special."
- ☐ "You broke it! You are horrible!"
- ☐ "You are so annoying!"
- ☐ "I feel frustrated when you interrupt because I lose my idea."

Feeling Words Bank

GOOD: **happy** **proud** **grateful** **relaxed**
HARD: **upset** **hurt** **worried** **frustrated** **jealous**
OTHER: **left out** **nervous** **confused** **embarrassed**

Fix it! Change each blame sentence into an "I feel" statement.

"You always ignore me!"

I feel.....

when.....

because.....

"You took my pencil without asking!"

I feel.....

when.....

because.....

3 Write Your Statements

Read each situation. Write what you might say using “I feel… when… because…” and add a need!

SCENE 1 **A friend laughs when you make a mistake in class.**

I feel ___ when ___ because ___. Can you please ___?

.....

.....

.....

SCENE 2 **Your sibling uses your things without asking.**

I feel ___ when ___ because ___. Can you please ___?

.....

.....

.....

SCENE 3 **Your friends start playing without you at break time.**

I feel ___ when ___ because ___. Can you please ___?

.....

.....

.....

MY OWN **A real-life situation I could use this for**

The situation: .....

.....

.....

Check your statements. Tick each one you did!

- ☐ I named a feeling
- ☐ I said what happened
- ☐ I gave a reason
- ☐ I asked for a need
- ☐ I did not blame

Tip: Say “I” instead of “you”. It keeps the conversation calm and kind!

4 Say It Calmly

Practise your statements out loud. Tick each Calm Talk Tip you remember!

Calm Talk Tips

- ☐ Take a deep breath first
- ☐ Say “I”, not “you”
- ☐ Choose a good time to talk
- ☐ Use a calm, steady voice
- ☐ Look at the person kindly
- ☐ Listen to their reply

Practise 3 times. Colour a star after each one!

Practice 1: to a mirror	Practice 2: to a toy or pet	Practice 3: to someone I trust
☆	☆	☆

Real-Life Challenge! Use one “I feel” statement this week.

☐ I used it ☐ They listened ☐ I felt calmer

My statement was:.....

How did your calm talk feel? Tick your choice!

★★★	★★☆	★☆☆
Calm communicator!	**Getting there**	**Needs more practice**
☐ Tick here	☐ Tick here	☐ Tick here

What helped me stay calm was........

Parent / Teacher Feedback

What the child did well: .....

One thing to try next time: .....

Feelings stars: ☆ ☆ ☆ ☆ ☆ **Signed:** .....

Well done! You can share your feelings calmly!