

“BECAUSE.....”**PREREQUISITE:** I-Messages**OBJECTIVE:** ● To practice describing how they have been affected by something another person has said or done.**MATERIALS:** ● Copies of “*Because...*” (See *Classroom Handouts*, Grade 5 – p. 7.)

- PROCEDURE:**
1. Briefly review with the class the structure of an I-Message: I feel...when you...because....
 2. Discuss with the class the following ideas:

An important part of an I-Message is the "because" section—the part where you tell the other person how his or her behavior affects you and your life. This will help him/her better understand **why** changing his/her behavior is important.
 3. Read these "because" statements from I-Messages. Ask the students how they might be made more effective.
 - a. “...because it bothers me...”

[Too vague—doesn’t really tell what the effect is on the speaker.]
 - b. “...because you are mean...”

[Makes a judgment about the other person.]
 - c. “...because I can’t be your friend anymore...”

[Exaggerates the effect on the speaker.]
 4. Distribute and have students fill out the first conflict situation worksheet. Explain that they should:
 - Read the conflict situation at the top of the page.
 - Read the “because...” phrases listed below it.
 - For each phrase, write how they would feel if someone said this to them.
 - For each phrase, mark whether the phrase is “helpful” or “not helpful” and write just a few words about why.
 - If a better “because...” comes to mind, write it at the bottom of the worksheet.

5. Discuss with the class why they think each response is appropriate or inappropriate.
6. Distribute the remaining two worksheets. Ask students to fill them out in the remaining class time or as homework.

"BECAUSE..."

Someone in your class keeps making fun of your new haircut. You decide to tell her how it affects you. You say, "I feel terrible when you make fun of my haircut because..."

You say...	Is this helpful?		If someone said this to you, how would you feel and why?
	YES	NO	
1) ...because you're mean to talk about someone else."			
2) ...because your hair doesn't look so great either."			
3) ...because it's too late to do anything about it and I get even more embarrassed."			
4)			
5)			

One morning you want a bowl of your favorite cereal and discover your brother had two bowls and used the last of the milk. To tell him how this affects you, you say "I feel frustrated that you used all the milk..."

1) ...because I really wanted to eat my cereal now."			
2) ...because you always eat the last of stuff I want."			
3) ...because you're a selfish pig for drinking all the milk."			
4)			
5)			