

Affective Statements

Step 1

Choose a Feeling



happy



sad



mad



worried



frustrated



proud

Step 2

Say What Happened

when you...

when the class...

when I saw...

Step 3

Share the Impact

because it helps me...

because it makes it hard for me to...

because it shows me that...



I feel ____ when ____ because _____



It makes me feel ____ when _____



I appreciate when ____ because _____



I need ____ from you so I can _____

I feel **happy** when you include me at recess because it makes me feel like part of the team.

I feel **frustrated** when people talk while I'm trying to do my work because it distracts me and keeps me from doing my best.