

# *I-Message \*Connect Four\* Directions*

## MATERIALS:

- ★ 1 copy of the Connect Four page for each pair of players (1 paper for 2 players)
- ★ 1 unique color of marker or crayon for each player

## OBJECT OF THE GAME:

- ★ To be the first person to color in four circles in a row, realizing that just like in the actual Connect Four game, you have to start coloring from the most bottom open circle in each column (pretending the chip has fallen to the bottom).

## HOW TO PLAY:

- ★ One player shares a problem that sometimes happens between people. This player starts their turn by saying to their partner, "Pretend that..." *(For instance, player one might say, "Pretend that a friend grabs the remote and changes the channel to something you don't want to watch.")*
- ★ The second player then pretends to be that person and shares an I-Message they could say in that situation to speak up and try to solve the problem by saying what they feel and asking for what they need instead of hitting, yelling, or pouting, etc. Use the format, "**I feel... I need...**" or "**I feel... when you... because... I need...**" *(For example, the second player might say, "I feel frustrated; I need you to change the channel back." Or, "I feel angry when you change the channel because I don't like this show. I need you to talk to me so we can decide to watch something that we would both like.")*
- ★ The player who shared the I-message gets to color in one circle. Then, that same player starts the next turn by saying to their partner, "Pretend that..." as described above.
- ★ Continue the game by taking turns..
- ★ First one with four in a row wins!

**"I feel... I need..." or**

**"I feel... when you... because... I need..."**