

# Spotlight Marriage and Relationships

**Lesson Title:** When I Feel I Need Part 3

**Grade Band Level:** Middle School

**Extension for:** SEL Spotlight Middle School

**Topic:** When I Feel I Need Applied to Marriage and Family

**Essential Question:** How does a “When... I Feel... I Need” statement help us communicate with someone we are close to?

## Materials and Preparation

- When I... Starter Statement Sets (from When I Feel I Need part 2 session) (enough for each student)
- When I Feel I Need Examples (from When I Feel I Need part 2 session)
- 3 completed A-Z charts for “Sad”, “Mad” and “Happy” (from When I Feel I Need part 1 session)
- Paper/writing instruments
- Highlighters

## Procedures

Review and restate session norms. These should remind students how to interact and communicate respectfully. Essential question should be prominently displayed.

[1-2 minutes]

## Activity 1

- Review the A-Z charts students created in session 1 and discuss why students created the charts. Select students to give examples of “When...I Feel...I Need” statements from the previous session, or give students Starter Statements to come up with a few examples to share with the whole group.
- Ask students if anyone would like to share a time, they have used a “When...I Feel...I Need” statement since the last session (optional).
- Have each student in turn pick out a “When...I Feel...I Need” starter and practice saying one. Provide feedback as needed.

[10 minutes]

## Activity 2

### Reflecting questions.

- If you have not already done so, pass out “When I...Starter Statements” to each student. Discuss with students that they can also use “When...I Feel...I Need” statements when talking with a person that they share a personal relationship with. Ask students to highlight Starter Statements where the situations could apply to personal relationships. Allow students to also jot down any notes that might come to mind and to write down any additional Starter Statements that they can think of on their own.
- If you need to you can also ask the following thinking questions.
- “We have talked about communication in general, but is it easier or harder to use When...I Feel...I Need statements in a caring relationship?”
- “Do you believe that taking the time to think about a When...I Feel...I Need statement helps your relationship partner listen to you?”

[5-10 minutes]

## Activity 3

- Split students into groups of 2 (and one group of 3 if necessary). [Depending on your knowledge of the students you may want the same groupings or different groupings from the previous session.]
- Ask students in each group to choose one of the Starter Statements highlighted or another Starter Statement they came up with on their own. Tell your partner the situation and practice saying a When...I Feel...I Need statement using the starter statement they chose.
- Allow students to practice, receive feedback from their partner and then switch roles.
- Once both students have practiced with their partners, have students come back together in a circle and share their When...I Feel...I Need statements with the entire group. Facilitator should provide feedback as necessary.

[10-20 minutes]

## Conclusion:

### Debriefing questions.

- How does a “When... I Feel... I Need” statement help us communicate with someone we are close to?
- Do you believe that taking the time to think about a When...I Feel...I Need statement helps your relationship partner listen to you?