# Skill-Building Challenge Worksheet: Using *I* Messages and Active Listening

Name: Blank Class: Blank Date: Blank

Meghan’s grandma Ruth is 65 and wants Meghan to help her work on getting in better shape. Ruth no longer jogs because of her bad knees but otherwise seems healthy. Ruth told Meghan she only wants to focus on cardiorespiratory endurance because that is most important. Meghan learned in her physical education class that cardiorespiratory endurance is important but so are muscular strength and endurance and flexibility.

1. Write an *I* message to Meghan stating how she could tell her grandma the benefits of incorporating flexibility and muscular strength and endurance exercises into her workout. Make sure to use facts from the lesson to write your *I* message. Use the four parts of the *I* message:

1. “I feel …” (taking responsibility for your own feelings)
2. “when you …” (stating the behavior that is a problem)
3. “because …” (what it is about the behavior or its consequences that you don’t like)
4. “I would really like it if … (offering a preferred alternative or compromise)

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2. Then write a response to Meghan’s *I* message from her grandma using the four parts of active listening.

1. “You sound …”
2. “That (or because) …”
3. “Next time I will …”
4. “And I …”

3. Get a partner from the class to act out your *I* message and active listening responses. Make sure you effectively use verbal and nonverbal communication as you act it out.