

## What are Affective/I Statements

**Affective statements**, referred to as “I” statements tell the listener how the person feels and why it makes them feel that way. They are an effective way to teach students how to express their emotions appropriately. When used with fidelity, they can effectively reinforce positive actions and explain feelings without assigning blame or shame. It is important that adults model this every day in all interactions with students.

**Benefits:**

1. Can be used at any time.
2. Using affective statements improve communication and social skills
3. Gain a greater understanding of others' emotions and their feelings.

**Example:**

I feel \_\_\_\_\_ (the emotion), when \_\_\_\_\_ (the occurrence). It makes it (reason/because) \_\_\_\_\_.

“John, I get very distracted when you tap your pencil on the table. It makes it difficult for me to concentrate.”

**Using Affective Statements with Behavior Expectations**

School-Wide Expectation	Sample Scenario	Sample Affective Statement 1	Sample Affective Statement 2	Sample Affective Statement 3
We are Safe	Johnny is running in the hall and bumps into Jose. Jose falls but is ok.	I am pleased to see that you apologized to Jose for bumping into him. It shows you understand what it means to be safe.	I am relieved that you apologized to Jose when you bumped into him. This shows that you understand that your behavior could have hurt him.	I am happy that you apologized to Jose. This shows that you realize that you could have hurt him. Please remember to walk in the halls.
We are Respectful	Cheryl holds the door for Marissa as she walks into the classroom.	I am glad to see you holding the door for Marissa. It shows you are being respectful.	I am so touched to see that you held the door open for Marissa. You recognized her difficulties since she broke her leg.	I am moved that you help Marissa with the door. Would you consider helping her every day until her cast is removed?
We are Responsible	Sariah has her backpack and is ready to leave when she remembers she forgot something in the class.	I am grateful to see that you remembered to take your reading journal. It demonstrates you are being responsible.	I appreciate you remembering to take your journal home. This shows that you are remembering to check the board every day.	I am pleased that you remembered to take all your required homework assignments. Remember, all assignments are posted on the board.
We are Resilient	Jade works tirelessly on a math problem she does not understand.	It brings me joy seeing you work through that difficult math problem. This demonstrates your resiliency.	I am excited to see you working through that difficult math problem. You were able to use strategies that were previously taught.	I am inspired to see the way you work on that difficult math problem. Remember to use the notes posted throughout the class.
We are Restorative	Samuel finds a wallet in the boys locker room and Joe wants to keep it.	I am thankful that you returned the wallet to the office. This shows you are being restorative and empathetic.	I am relieved to hear that you returned the wallet. You displayed evidence of a restorative young man.	I appreciate you returning the wallet to the office. Maybe you can speak to Joe about how he would feel if he lost his wallet.