

SPEAK UP

lesson guide

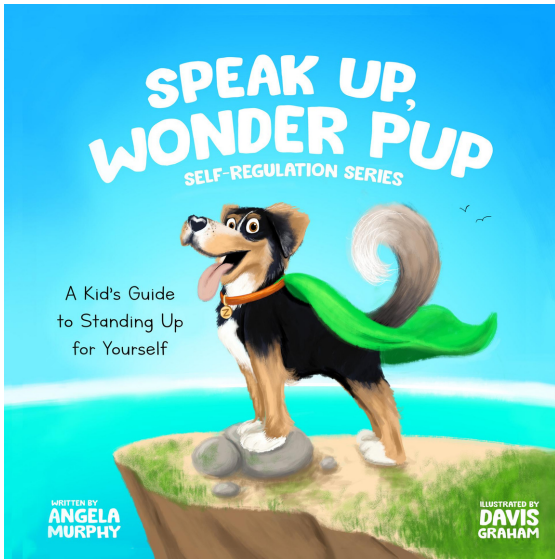
A grownup's guide to supporting children and youth with regulation skills.

(this curriculum is to be used after you have read the Wonder Pup books)



Created by
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lesson guide

for teaching
the I-message



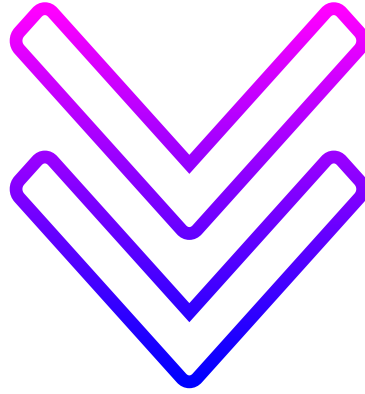
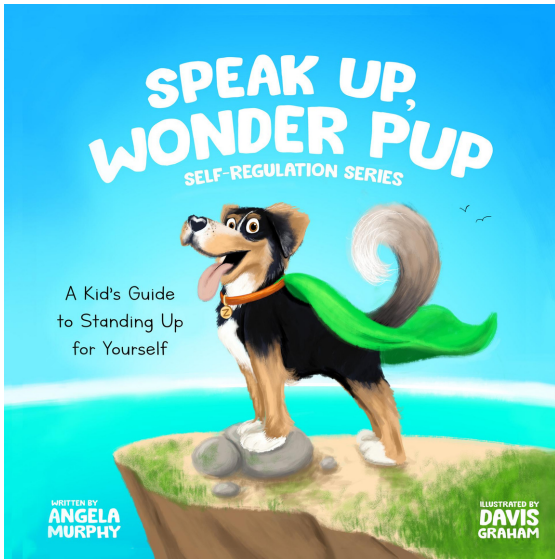
MODEL: KIDS WILL DO WHAT YOU DO BEFORE THEY DO WHAT YOU SAY.

Implicit teaching: As much as you can, use the I-message with others in the presence of the child, and with the child.

NAME _____
I DON'T LIKE IT WHEN... _____
STOP _____

Explicit teaching: directly act out the I-Message the WRONG and the RIGHT way. Have fun and make it into a guessing game.





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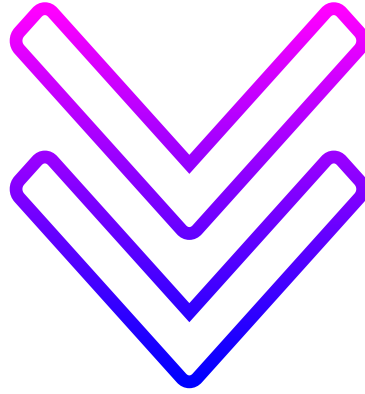
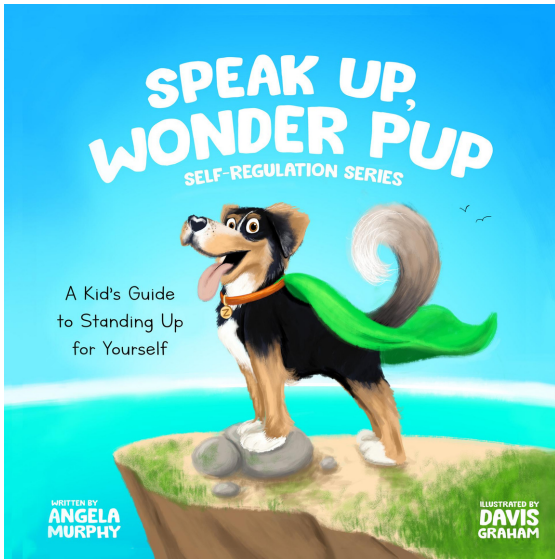
SAY: NEED TO REMEMBER
SOMETHING? SAY IT OUT LOUD!

Grab a stuffy, an animal, a human, or a mirror, and have the child practice using the I-message out loud - the wrong AND the right way!

Gently remind the child about eye contact, voice volume and body awareness.

Remind the child NOT to ask they are to tell (i.e. "Can you please stop?" versus "Stop.")





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DO: CREATIVITY IS INTELLIGENCE
HAVING FUN!

Use the Speak Up graphic organizer.

Ask the child to draw a self-portrait from their nose up.
Draw along with them!

Next, practice writing the 3 steps to the I-Message in the
talk bubble. If the child cannot write, scribe for them.

Practice using the I-message with each other. Ask the child
to share their work and teach a grownup at home how to
use the I-Message.



1

2

3

Write the 3
steps to the
I-Message.

**Draw
yourself
here**

