

"I Feel ____ When ____"



Sentence Builder



Helping Gen Alpha explain tricky feelings by linking them to causes. Simple, clear communication!

1. Sentence Starter



I feel [ANGRY/FRUSTRATED]
when [MY GAME WON'T LOAD].



WAITING
FOR A REPLY



LONELY WHEN
OTHERS TALK

I feel [LEFT OUT] when
[I'M NOT INCLUDED].



2. Leveling Up



Once comfortable,
add what you need:

I feel [OVERWHELMED] when
[SCHOOL PROJECTS PILE UP].
What I need is [SOME HELP
BREAKING IT DOWN].



3. My Turn to Practice

I feel _____
when _____.

(Once ready)

What I need is _____

