



What are Affective 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.

Affective Statements can be used at any time. Using affective statements improves the school community, which in part further improves communication, social skills, and academics. When the school community uses affective statements, they gain a greater understanding of others’ emotions and their feelings. It is important that adults model this every day in all interactions with students.

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

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

School-Wide Expectation	Sample Scenario	Sample Affective Statement 1	Sample Affective Statement 2	Sample Affective Statement 3
We are Safe	<i>Johnny is running in the hall and bumps into Jose. Jose falls but is ok.</i>	I am pleased that you apologized to Jose for bumping into him. It shows that you understand what it means to be safe.	I am delighted that you apologized to Jose when you bumped into him. This shows that you understand you could have hurt him.	I feel worried when you run in the halls because someone could get hurt. Please remember to walk in the halls.
We are Respectful	<i>Cheryl holds the door for Marissa as she walks in the classroom</i>	I am glad to see you holding the door for Marissa. It shows you are being respectful.	I am so touched to see you holding the door for Marissa. You recognized her difficulties since she broke her leg.	I am moved that you helped Marissa with the door. Would you consider helping her every day until her cast is removed?
We are Responsible	<i>Sariah has her backpack and is ready to leave when she remembers she forgot something in the class.</i>	I am grateful to see you remembered to take your reading journal. It demonstrates responsibility.	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. As a reminder, all assignments are posted on the board.
We are Restorative	<i>Samuel finds a wallet in the boys’ locker room and Joe wants to keep it.</i>	I am thankful you returned the wallet to the office. This shows that you are being restorative and empathetic.	I am relieved to hear that you returned the wallet. You displayed evidence of a restorative person.	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.