

Instructions for Producing Component Practice Strips

SUPPLIES NEEDED FOR EIGHT SETS OF COMPONENT PRACTICE STRIPS

One set serves a small group of 5 or 6 participants. (Eight sets will suffice for a room of up to 50 participants.)

1. One 8 1/2" x 11" sheet paper in each of the following colours:
 - yellow
 - blue
 - orange
 - red
 - green
2. Photocopier
3. Laminator and five 8 1/2" x 11" laminating sheets (Option: instead of laminating, use card stock paper in colors indicated.)
4. Paper cutter
5. Eight paper clips or elastic bands to hold the sets of practice strips together for storage

DESCRIPTION OF A FINISHED SET OF COMPONENT PRACTICE STRIPS

Five color-coded strips, each about 8 1/2" x 1 1/3"



Component Practice Strips

STEP-BY-STEP INSTRUCTIONS FOR PRODUCING EIGHT SETS OF COMPONENT PRACTICE STRIPS

1. Print templates in the following colors:
 - a. Template 10.4–1: Thought - on orange paper (Please note that this strip is formatted vertically as opposed to the other four strips.)
 - b. Template 10.4–2: Observation (facts) - on yellow paper
 - c. Template 10.4–3: Feeling Word – on red paper
 - d. Template 10.4–4: Needs (universal) – on blue paper
 - e. Template 10.4–5: Request (strategy) – on green paper

NOTE: Each sheet of template yields 8 strips.
2. Laminate all pages and then cut along the guidelines to produce eight strips of equal size from each sheet.
3. Separate into eight multi-colored sets and secure with paper clip or elastic band.

TEMPLATES PROVIDED

- Template 10.4–1: Thought
- Template 10.4–2: Observation (facts)
- Template 10.4–3: Feeling Word
- Template 10.4–4: Needs (universal)
- Template 10.4–5: Request (strategy)

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Observation (facts)

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Feeling-word

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Feeling-word

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Need (universal)

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Request (strategy)

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