

Kimochis 7 Keys to Communication



Get someone's attention.

SEL TOOLS: *Eye contact, Communication Tap*



Use a talking voice.

SEL TOOLS: *Talking Voice, Fighting Voice, Serious Voice*



Use a talking face and body.

SEL TOOLS: *Talking Eyes, Fighting Eyes, Serious Eyes*



Choose helping words.

SEL TOOLS: *Helping vs Hurting Words, "Ouch"*



Redo hurtful moments.

SEL TOOLS: *Everyone Makes Mistakes, Kimochis Re-do*



Be Kind and Let People Try Again

SEL TOOLS: *Second chances help make things better.*



Assume the Best

SEL TOOLS: *Train your brain to think the best. "Maybe they..." or "At least..."*