Kimochis 7 Keys to Communication

1. Get someone’s attention.
   SEL TOOLS: Eye contact, Communication Tap

2. Use a talking voice.
   SEL TOOLS: Talking Voice, Fighting Voice, Serious Voice

3. Use a talking face and body.
   SEL TOOLS: Talking Eyes, Fighting Eyes, Serious Eyes

4. Choose helping words.
   SEL TOOLS: Helping vs Hurting Words, “Ouch”

5. Redo hurtful moments.
   SEL TOOLS: Everyone Makes Mistakes, Kimochis Re-do

6. Be Kind and Let People Try Again
   SEL TOOLS: Second chances help make things better.

7. Assume the Best
   SEL TOOLS: Train your brain to think the best. “Maybe they....” or “At least....”

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