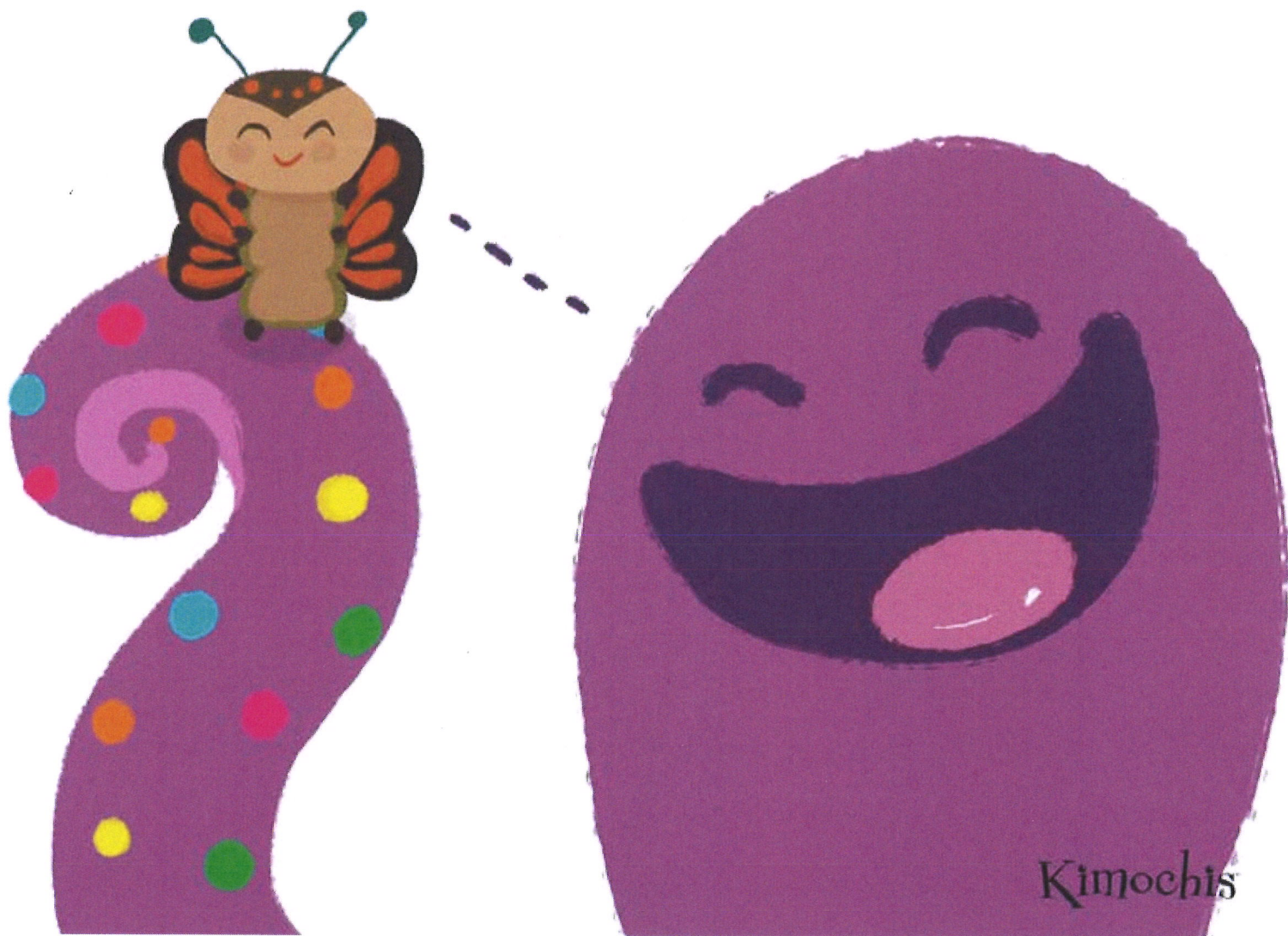


- BEFORE YOU SPEAK:**
1: CALL SOMEONE'S NAME
2: WAIT FOR EYE CONTACT
3: WHEN NEEDED, GIVE
A COMMUNICATION TAP

When I use my friendly eye contact and communication tap, my classmates like to listen to me.



KEY #2

**USE A TALKING TONE OF VOICE
INSTEAD OF A FIGHTING
TONE OF VOICE.**

When I use my talking voice
I get into fewer Cat fights..



Kimochis

KEY #3

**USE A TALKING FACE
AND RELAXED BODY LANGUAGE
INSTEAD OF A FIGHTING FACE
AND TENSE BODY LANGUAGE.**

Nobody likes a stormy Cloud!
So I take a calming breath, and
practice using my talking face
and body when I speak.



Kimochis

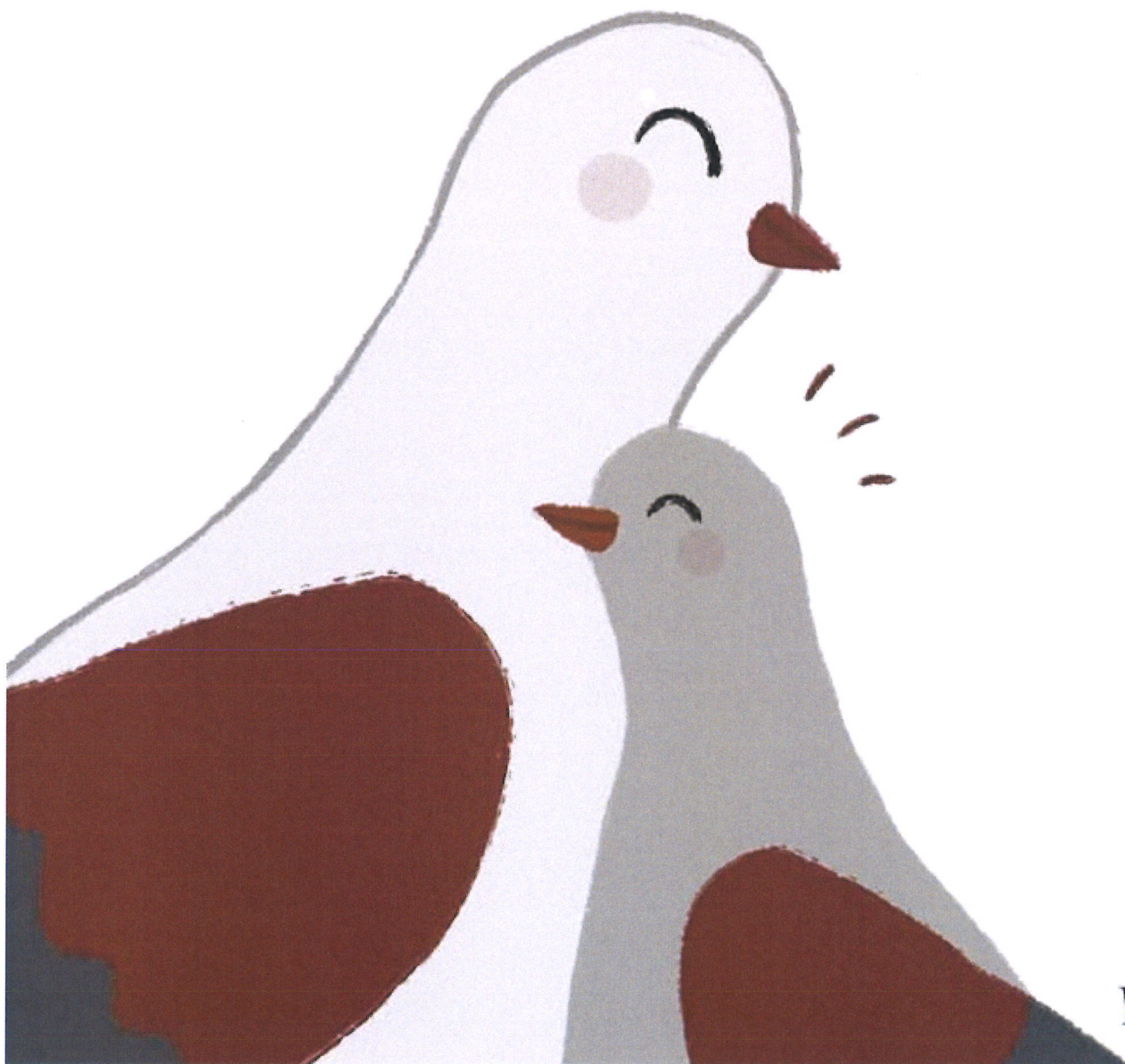
KEY #4

CHOOSE WORDS THAT HELP INSTEAD OF HURT

("I FEEL MAD WHEN YOU ...")

INSTEAD OF "I HATE IT WHEN YOU ...")

It's okay to be mad,
but it's not okay to be mean.



Kimochis

KEY #5

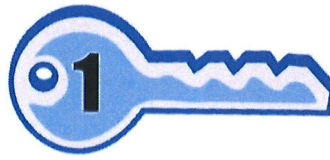
BE BRAVE AND REDO HURTFUL MOMENTS.

When I know I have Bugged someone,
I am brave and re-do the moment in
a kinder way.



Kimochis

Kimochis 5 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*