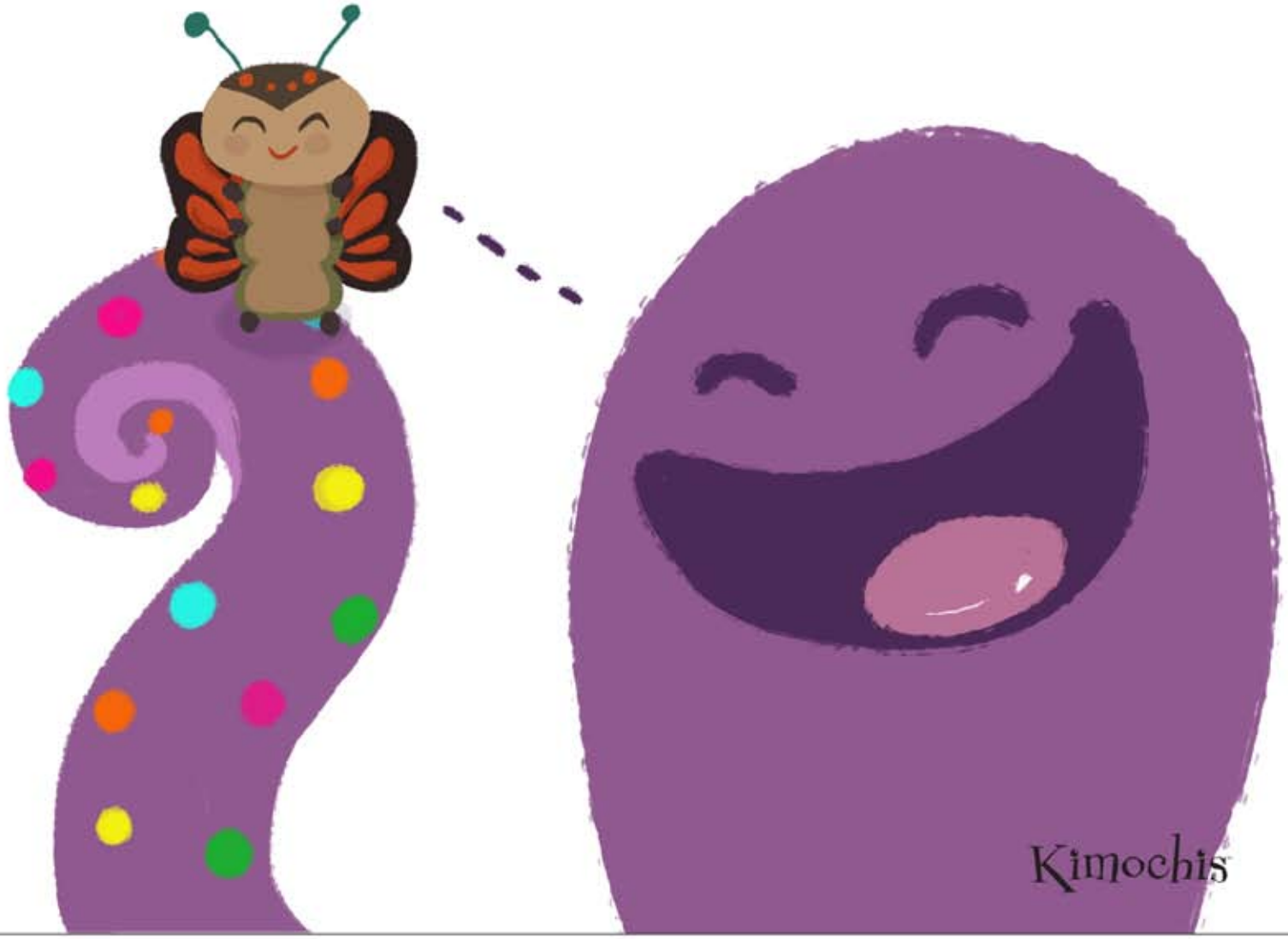
KEY #1

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.



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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.

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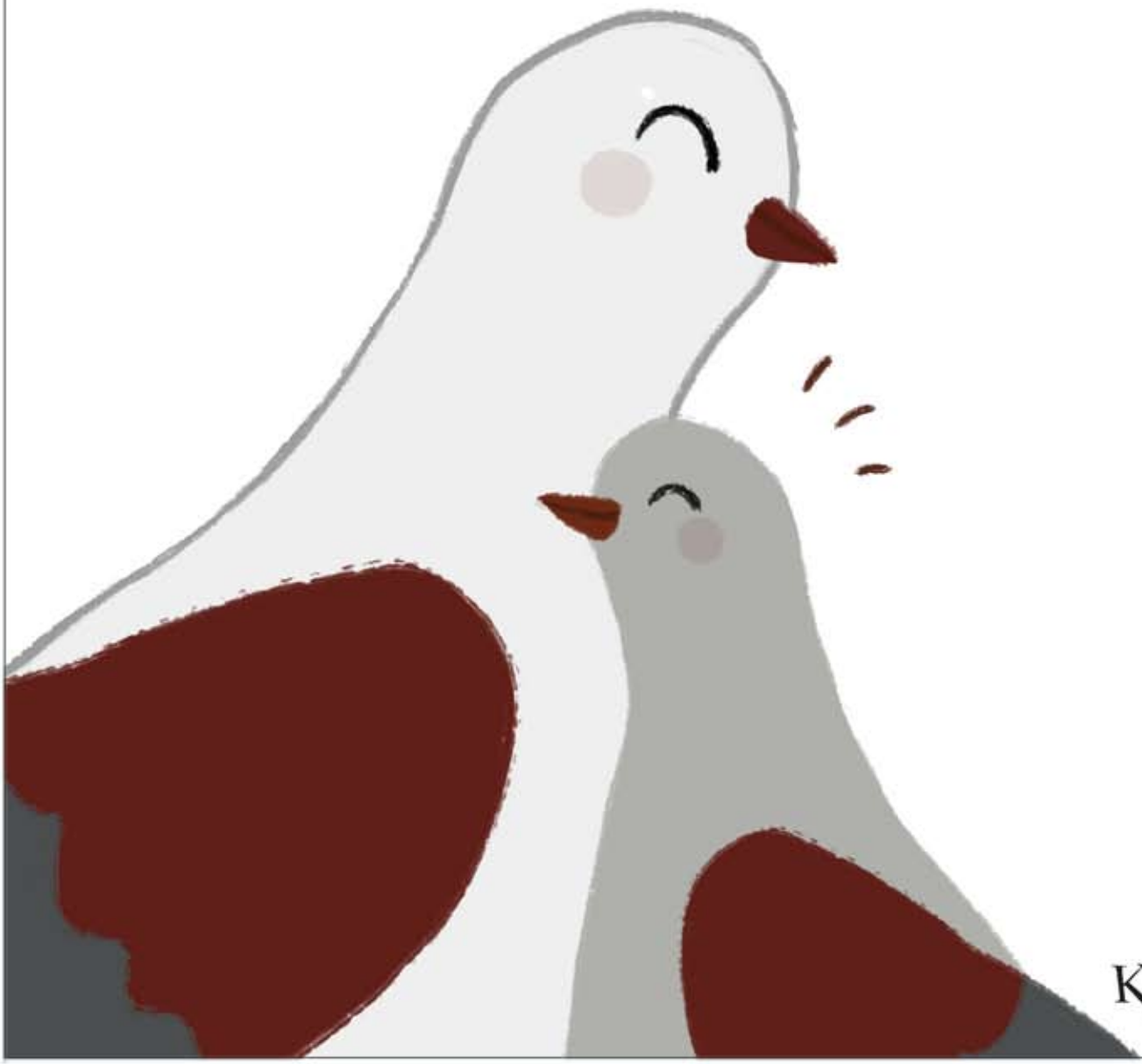
KEY #4

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.



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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.

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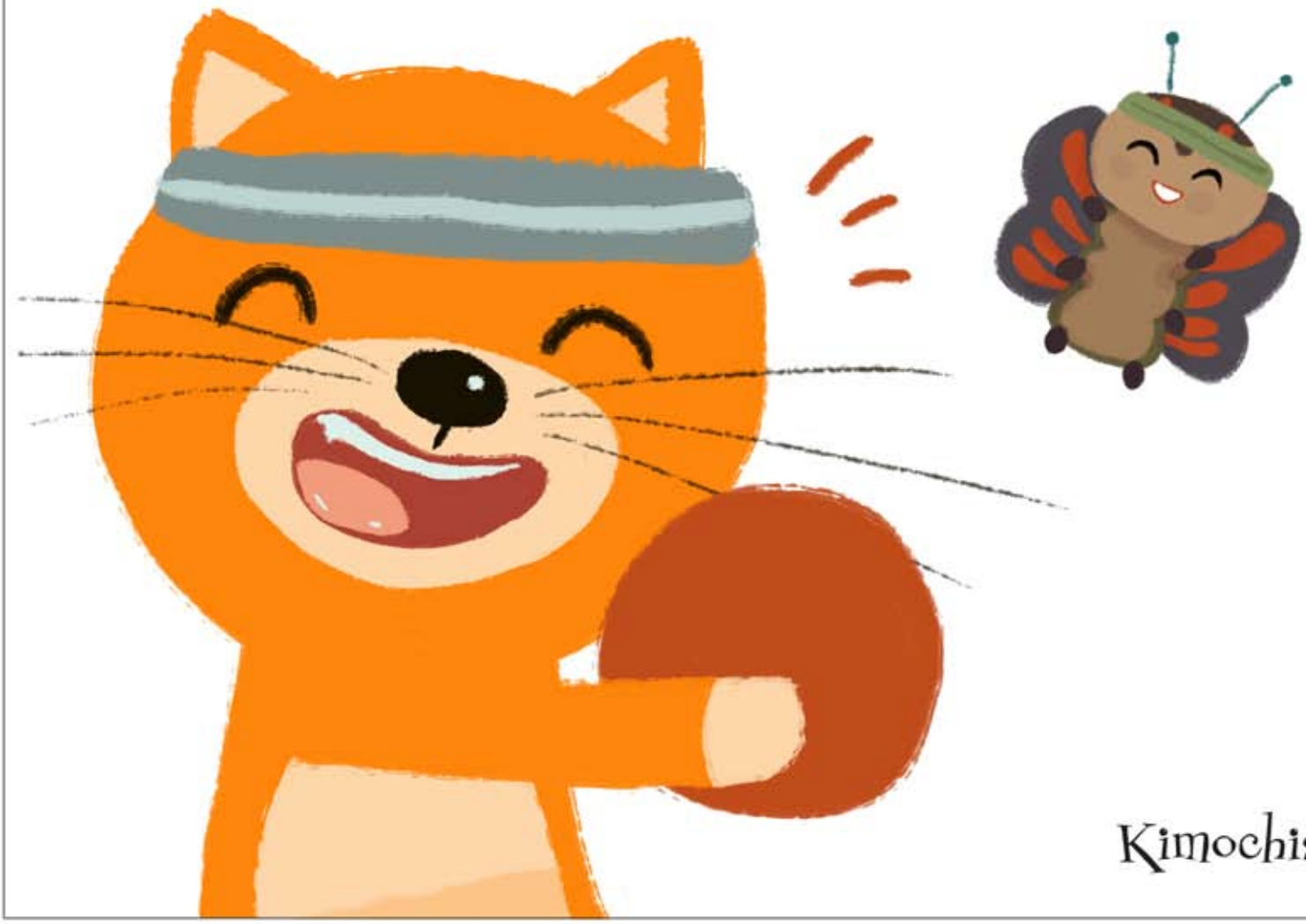
KEY #6

BE KIND AND LET PEOPLE TRY AGAIN.

Everyone makes mistakes, so I let my friends have second chances.



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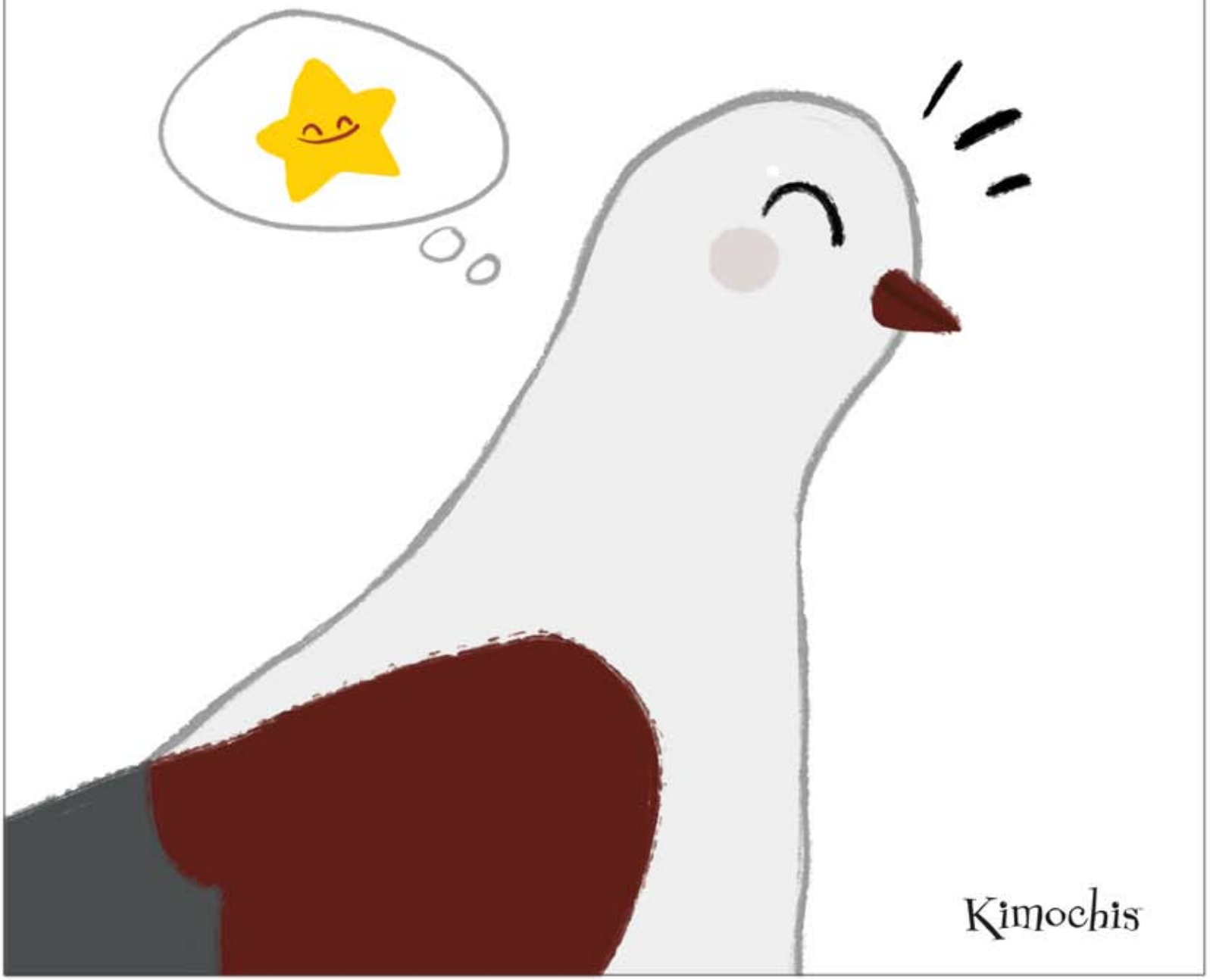
KEY #7

ASSUME THE BEST

TRAIN THE BRAIN!

("HE PROBABLY ISN'T MAD AT ME, MAYBE HE IS MAD BECAUSE HE LOST THE GAME")

When I assume the best, I worry less.



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