Kimochis®

Keys to Communication

Call someone's name, wait for eye contact, and give
a communication tap, if necessary, before you speak.

Use a talking tone of voice instead of a fighting tone of voice.

Use a talking face and relaxed body language
instead of a fighting face and tense body language.

Choose words that help instead of hurt.
("I feel mad because …" instead of "I hate it when …")

Be brave and redo hurtful moments.

Be kind and let people try again.

Assume the best.
("He probably isn't mad at me,
maybe he is mad because he lost the game.")

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