

# Kimochis®

## 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..."*