15 WAYS TO COMMUNICATE

There are lots of ways to share what you think and feel. The more you practice communicating, the better you will get.

1. Write down your feelings in a journal or notebook
2. Draw a picture about your feelings
3. Share your feelings in a song
4. Make eye contact during conversations
5. Call loved ones to ask how they are doing
6. Share your feelings with a trusted adult
7. Listen to others as they talk to you
8. Be kind in your words
9. Learn and use a new vocabulary word
10. Tell someone how much they mean to you
11. Tell someone what you really like about them
12. Thank someone for all they do
13. Don’t interrupt when someone else is talking
14. Try to tell a story without speaking
15. Read a short book out loud to a friend or pet

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