



American Heart Association.

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

12

Tell someone what you really like about them

13

Don't interrupt when someone else is talking

11

Thank someone for all they do



14

Try to tell a story without speaking

15

Read a short book out loud to a friend or pet

