



6 WAYS TO IMPROVE COMMUNICATION

 upschool

Listen Carefully:

Pay attention when others are speaking. This shows respect and helps you understand what they're saying.



Speak Clearly:

Try to speak clearly and at a reasonable volume so others can understand you. Don't rush through your words.



Use Eye Contact:

When you're talking to someone, look them in the eyes. This shows that you're focused and interested in what they have to say.



Express Your Feelings:

It's okay to tell others how you're feeling. Use "I" statements, like "I feel happy when we play together".

Ask Questions:

If you don't understand something, it's okay to ask questions. This shows you're interested and want to learn more.



Practice Patience:

Good communication often requires patience. Wait your turn to speak and give others time to share their thoughts too.

