

## Slow & Kind Conversations

- Pause. Breathe. Then talk.
- Listen to ideas, not just “smooth.”
- Keep eye contact and wait time.
- Ask open questions: “Tell me about...”
- Take turns, keep it relaxed.

Tiny goal: one “slow start” per conversation.

## Slow & Kind Conversations

- Speak a little slower as a model.
- Short sentences. Gentle pace.
- Celebrate the message.
- No rushing. No finishing sentences.
- Make space for thinking.

Tiny goal: one calm reminder per day.