

Conversation Guide



Play this short audio track then use the Conversation Guide with your class to reflect on SEL skills and strategies.

Conversation Guide

1. What did you learn about Plinky while listening to his Moshi Moment?
2. What is deep breathing?
3. How is deep breathing different from the way we usually breathe?
4. When could you use deep breathing in school and at home?
5. Plinky pictures a shiny balloon when he breathes deeply. What else could you imagine when you are deep breathing?
6. Plinky relaxes by thinking about all the good parts of his life. What are some of the good parts of your life?

Tracks

Plinky's Peaceful Breathing
(6:20)

What is a Moshi Moment
(0:52)



moshi
for
Schools

Find Plinky's Magic Word

Find the words from the Word Bank in the puzzle below.



Word Bank

Breath
Peaceful
Sounds
Heart

C F T G S B D E K
K O B R E A T H C
N H D M B A L L S
N I E S H A T E O
A V L A X E L P U
N H Y R R S W A N
U S G I A T S S D
P E A C E F U L S
C L P V Y M B J I

Add the words from the Word Bank to the sentences below. Then, use the circled letters to find **Plinky's Magic Word**.

Plinky loves to listen to the _____ () _____ around him.

Plinky can hear his _____ () _____ beating if he is quiet enough.

Use your _____ () _____ to help you relax.

Breathing deeply helps Plinky feel _____ () _____, calm, and relaxed.

Take a _____ breath like Plinky to help you relax.

Answer
key

Take a **deep** breath like Plinky to help you relax.

