

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. How does Linton help himself feel better when he misses his favorite Moshlings?
2. What are some special thoughts you can remember when you miss your favorite people?
3. When you are with some of your favorite people, how do you feel?
4. Has anyone told you they missed you? How did you feel when this happened?
5. What can you do when you miss someone?



Track

The Art of Being Apart
with Linton
(5:10)




moshi
for
Schools

Linton's Tips and Tricks



I'm excited, not nervous.



There's nothing to fear.



**I'll see the people I miss
again soon.**



**When I take slow breaths
I feel calm.**







Find Linton's Magic Message

Directions: Put this list of words in alphabetical order and use the underlined letters to find the magic word in Linton's encouraging message below.

Linton says, "Saying goodbye can be hard, but I _____ in you!"

FAMILY

NERVOUS

BREATHE

FRIENDS

EXCITED

RELAX

GOODBYE

Answer key

Linton says, "Saying goodbye can be hard, but I believe in you!"
 1. BREATHE 2. EXCITED 3. FAMILY 4. FRIENDS 5. GOODBYE 6. NERVOUS 7. RELAX

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



Word Bank

Linton	Breathing	Apart
Mind	Relaxed	Goodbye
Nervous	Reminder	Touch
Excited	Family	Hand
	Friends	

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

