

# Conversation Guide

## Breathing with Pipsi

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

## Conversation Guide

1. Pipsi the Moshling loves to run and play games outside. What do you like to play outside?
2. After you run and play, do you breathe fast or slow?
3. When you let your heartbeat slow down, what happens to your breath?
4. When we get upset or frustrated, or do something really active, we breathe fast. When we breathe slowly like Pipsi, it calms down our bodies. Breathe along with Pipsi and make your breaths long and slow. How do you feel now?



## Track

**Breathing with Pipsi**  
(1:00)



# Breathing with Pipsi

First, color and cut out the Pipsi and Gumdrop finger puppets and tape the flaps together so they fit around your finger. Then use the foldable puppet stage to perform a puppet show where Pipsi teaches her friends how to breathe deeply and relax to calm down. You can use the mini-script below, or make up your own story!

## Breathing with Pipsi and Gumdrop

**Pipsi:** Hello, Gumdrop! How are you?

**Gumdrop:** Hello Pipsi. I'm upset because I lost one of my coins.

**Pipsi:** I'll help you find it, but first take some deep breaths to calm down.

**Gumdrop:** How do I do that?

**Pipsi:** Breathe in while I slowly count to three.

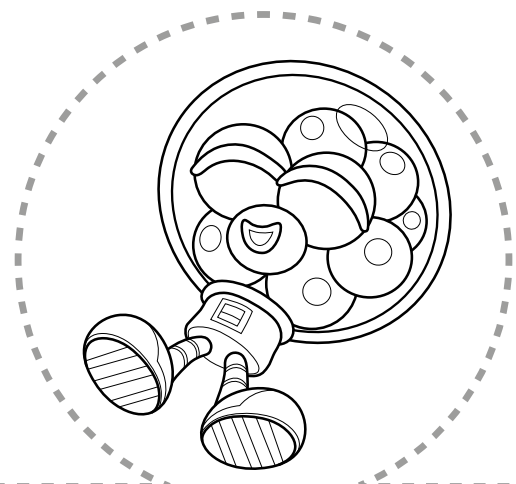
**Gumdrop:** Ok. I'll give it a try.

**Pipsi:** One...two...three. Now breathe out. One...two...three.

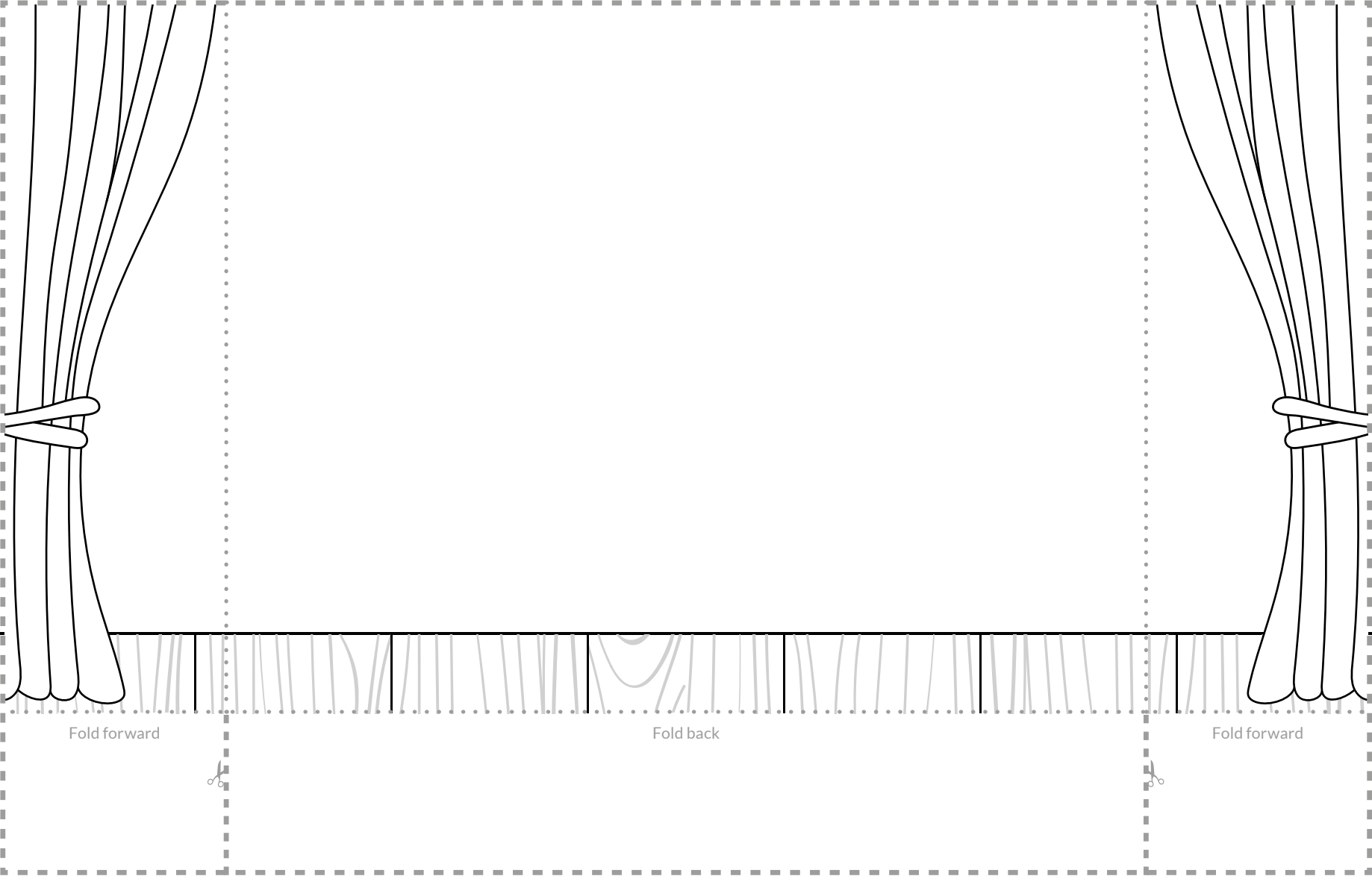
**Gumdrop:** Ahh. I feel relaxed and calm.

**Pipsi:** Now let's go look for your coin together!

**Gumdrop:** Thanks, Pipsi!



# Finger Puppet Show



# Breathe with Pipsi

Now, color this picture of Pipsi as she breathes slowly!



**Breathe In...1-2-3**  
**Breathe Out...1-2-3**