

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 does Cleo look like?
2. How does Cleo help herself to relax?
3. How do you feel when you breathe like Cleo?
4. When could you breathe slowly to calm down?
5. Why do you think breathing slowly helps your body to calm down?



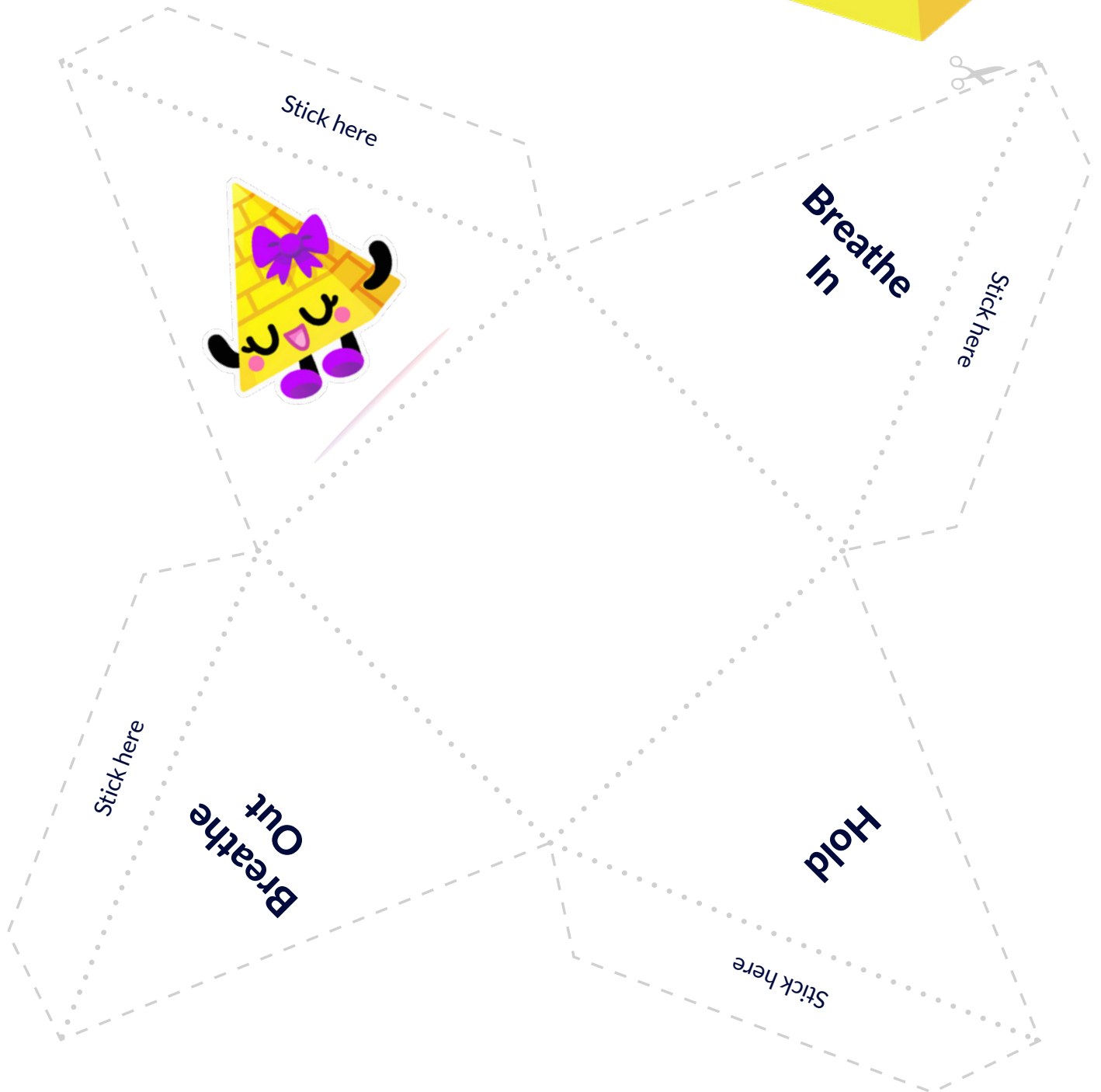
Track

Cleo's Pyramid Breathing
(5:00)



Make Cleo's Pyramid

Cut out the pattern for Cleo's Pyramid then use tape or glue to attach the flaps to the back of each triangle. Use your 3D Cleo when you need to breathe and relax.



Breathe with Cleo

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

**Breathe In,
Hold,
Breathe Out**

