

# 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 kinds of thoughts are Peep's little feel goods?
2. How does Peeps feel when he thinks about his self-affirmations, or little feel goods?
3. Which of Peeps' feel goods do you like best?
4. How do you feel when you tell yourself your own little feel goods?
5. When could you tell yourself your own little feel goods?
6. What do you think Peeps would tell a friend who is having a bad day?



## Track

**Little Feel Goods  
with Peeps**  
(7:22)



**moshi**  
for  
Schools

# Your Own Little Feel Good Confidence Cards

Color and cut out your own **Little Feel Good Confidence Cards** to look at when you need a little feel-good boost like Peeps.

The image shows six confidence cards arranged in a 3x2 grid. Each card has a dashed border and a zigzag pattern. A small scissors icon is in the top-left corner of the first card. The prompts on the cards are:

- What I Can Do
- People I Love
- What Makes Me Special
- What Makes Me Happy
- Places I Love
- Friends I Have

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