## **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?

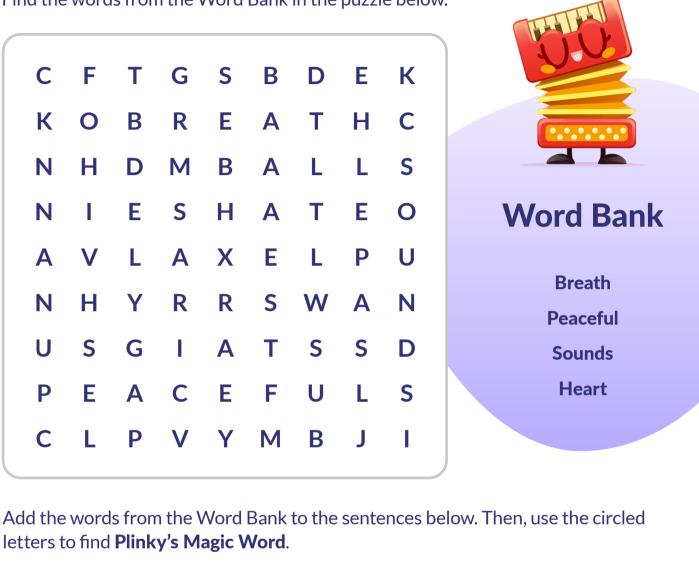


## **Tracks**

Plinky's Peaceful Breathing (6:20)

What is a Moshi Moment (0:52)

## Find Plinky's Magic Word



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

