

Conversation Guide

5 Minute Stream of Calm with Yawnsy

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 Yawnsy's home look like?
2. How does Yawnsy relax?
3. How does it feel to take deep breaths like Yawnsy?
4. The five senses are seeing, hearing, touching, smelling, and tasting. Which of the senses could you use if you visited Yawnsy's home?
5. Which parts of Yawnsy's Stream of Calm helped you relax the most?



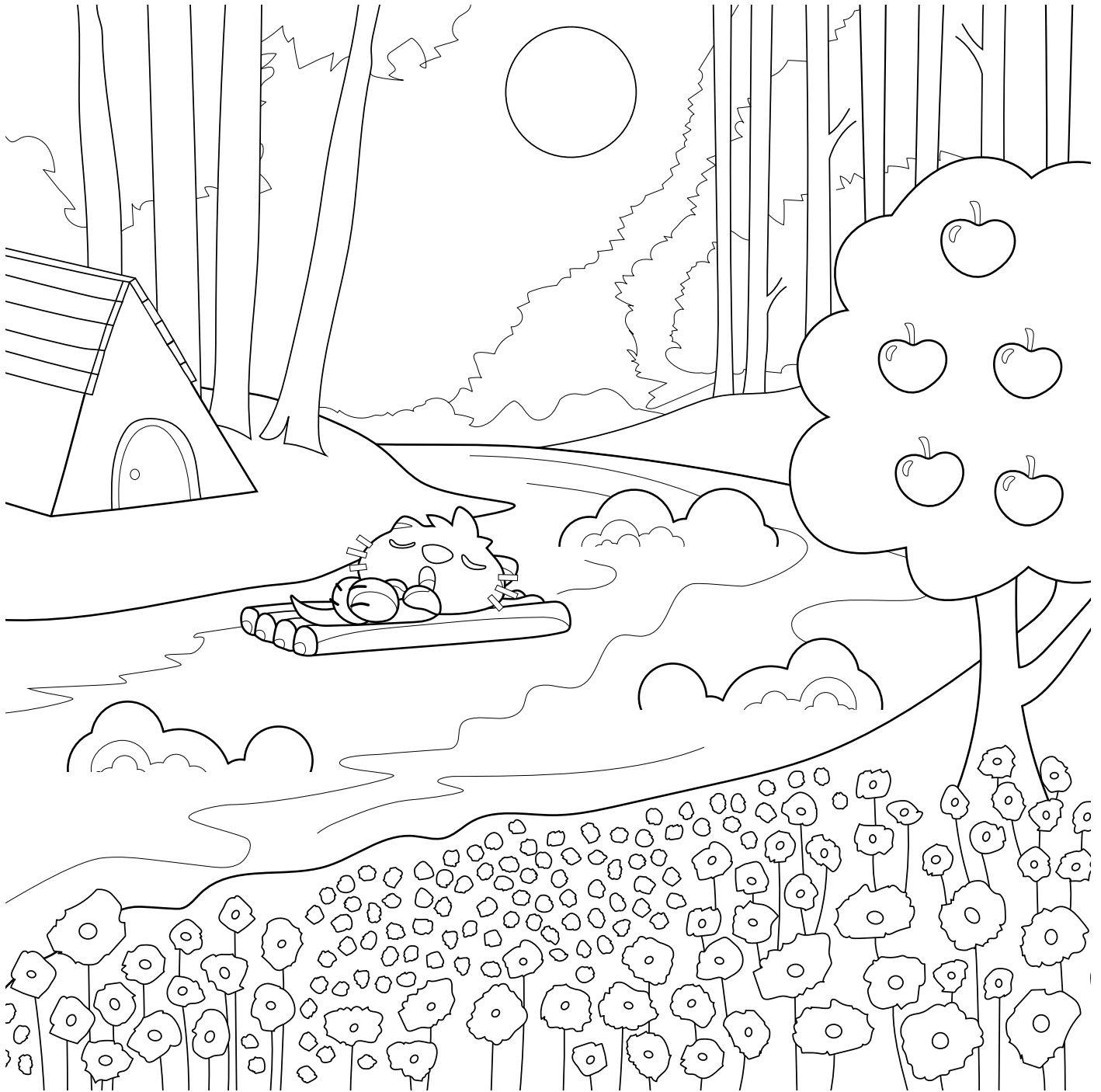
Track

5 Minute Stream of Calm with Yawnsy
(5:00)



Yawnsy's Stream of Calm

Color this picture of Yawnsy's beautiful home, then write about what you would see, hear, smell, taste, and touch if you were there, too.



Seeing

Smelling

Tasting

Touching

Hearing

Yawnsy's Memory Game

Test your memory with this fun matching game. You can play with a partner or by yourself. If you'd like, color in each card before cutting them out.

1. Cut out the cards, shuffle, and turn them face down.
2. Take turns choosing two cards.
3. If the cards match, keep the pair.
4. If they don't match, place them back face down.
5. Match as many pairs as you can.

