

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 is tapping and how is it done?
2. How does tapping help ShiShi?
3. How does ShiShi use her hands to show how she feels?
4. What does ShiShi say to herself when she taps?
5. When does ShiShi use tapping?
6. When could you use tapping to help you?



Track

**Tapping Worries Away
with ShiShi**
(12:53)



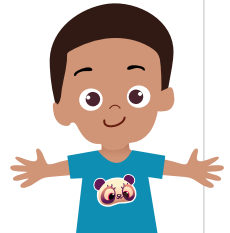
Tapping Worries Away with ShiShi

Directions: Fill in the blanks as you listen. Then, use this page to remind you how to tap your worries away like ShiShi does.

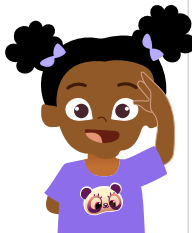
1. When I hold my hands like this,
I feel _____



2. When I hold my hands like this,
I feel _____



3. Tap your forehead 7 times
and say something _____
about yourself.



4. When ShiShi taps her forehead,
she likes to say, " _____ "



5. Tap your cheek _____ times
and say, I am awesome.



6. ShiShi gently taps her fist on
her chest and pretends she is a



7. Tap your chest gently with your
fist and say, I am _____



8. When ShiShi hugs herself she
calls it the _____ hug



9. Wrap both of your arms around
your body and tap with your
hands. Say, I am _____



10. End your tapping by putting
your _____ back together. Now
hold them to show how you feel,
like you did at first



Answer
key

1. good, with no worries, 2. worried or sad, 3. cool, 4. Today I'm going to be happy, 5. 7, 6. monkey, 7. calm, 8. bear, 9. loved, 10. hands

Tapping Worries Away with ShiShi

Color this picture and tap your worries away.

