

# 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 anxiety and what does it feel like?
2. What does ShiShi imagine she's doing when she breathes out?
3. Where does ShiShi imagine she is when she shrinks her anxiety?
4. What is a calm, peaceful place you can think about when you shrink your anxiety?
5. ShiShi pretends she is blowing bubbles. What is inside these bubbles?
6. When ShiShi imagines her worries in a bubble, what happens to them next?
7. How do you feel when you shrink your anxiety like ShiShi does?



## Tracks

**ShiShi's Soothing Anxiety Shrinker**  
(10:52)



**moshi**  
for  
Schools

# ShiShi's Magic Word

Unscramble these words from **ShiShi's Soothing Anxiety Shrinker**. Color ShiShi and check out this page when you want to shrink your anxiety like ShiShi.

Answer key



Moshi, bubbles, float, peaceful, deep, blowing

Use the unscrambled words in the sentences from **ShiShi's Soothing Anxiety Shrinker**.

1. As the bubbles ( ) \_ \_ \_ \_ away, they carry your worries until they pop.
2. ShiShi takes slow, ( ) ( ) \_ breaths to relax.
3. Picture the \_ \_ \_ \_ \_ ( ) Moshi world to help you feel calm and relaxed.
4. When ShiShi relaxes, she imagines she is in a \_ \_ \_ \_ ( ) meadow.
5. She imagines she is \_ \_ \_ \_ \_ ( ) ( ) ( ) out the candles on a cake.
6. ShiShi blows imaginary \_ \_ \_ \_ \_ ( ) with her worries inside.

Fill in the circled letters to find ShiShi's Magic Word.

When she is worried or anxious, ShiShi reminds herself,  
"These \_ \_ \_ \_ \_ will pass."



# Color-in ShiShi

Now, color ShiShi as she blows bubbles for her **Soothing Anxiety Shrinker!**

