

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?



Tracks

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



moshi
for
Schools

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

