

# 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. Why are a tree's roots important?
2. What are the places like where Peekaboo's roots grow?
3. How does Peekaboo get his roots to grow and relax?
4. What does it feel like to imagine your own roots are growing?
5. How does Peekaboo get his worries to disappear?
6. When could you remember your roots like Peekaboo?



## Track

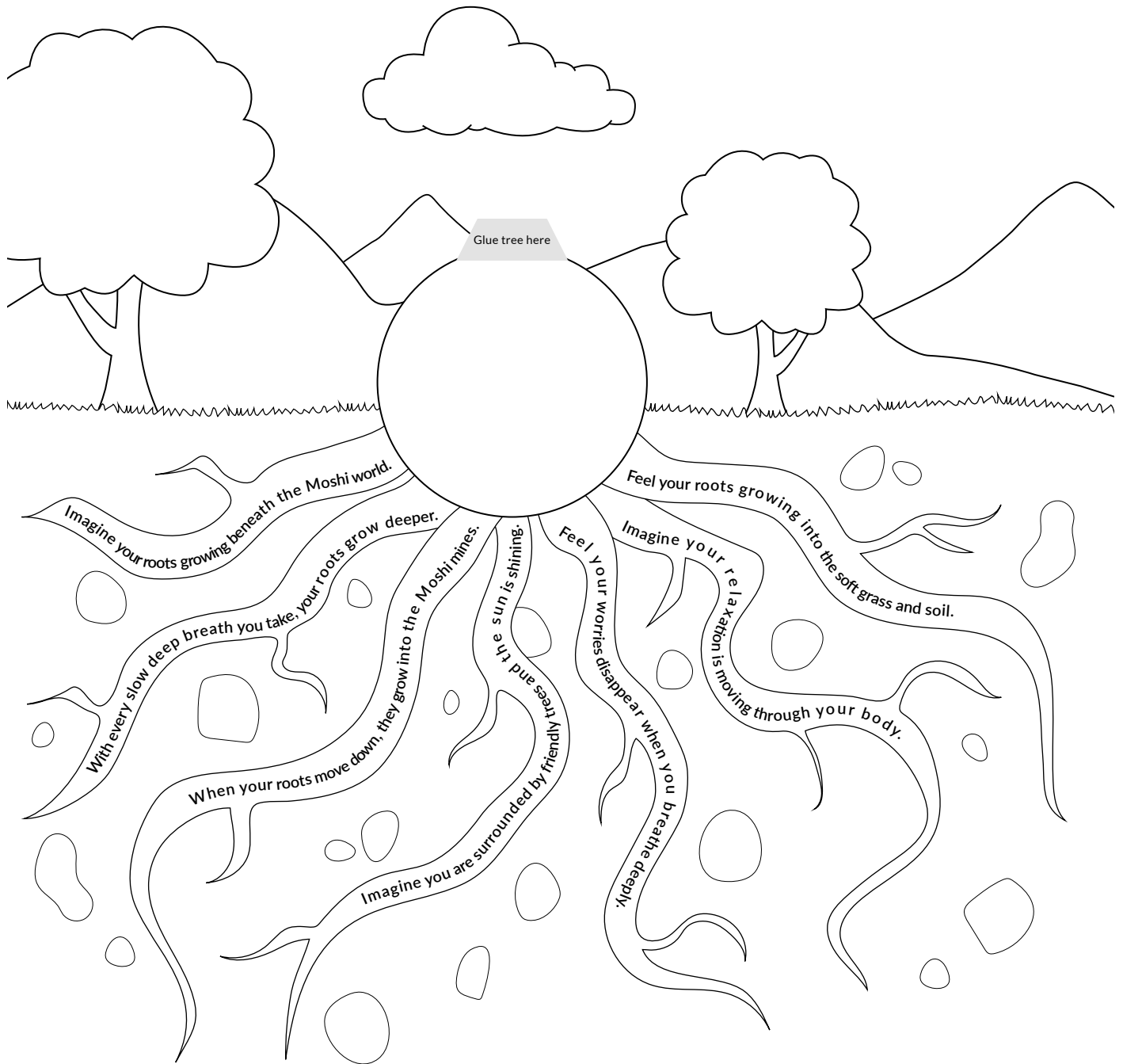
**Peekaboo's  
Relaxing Roots**

(5:11)



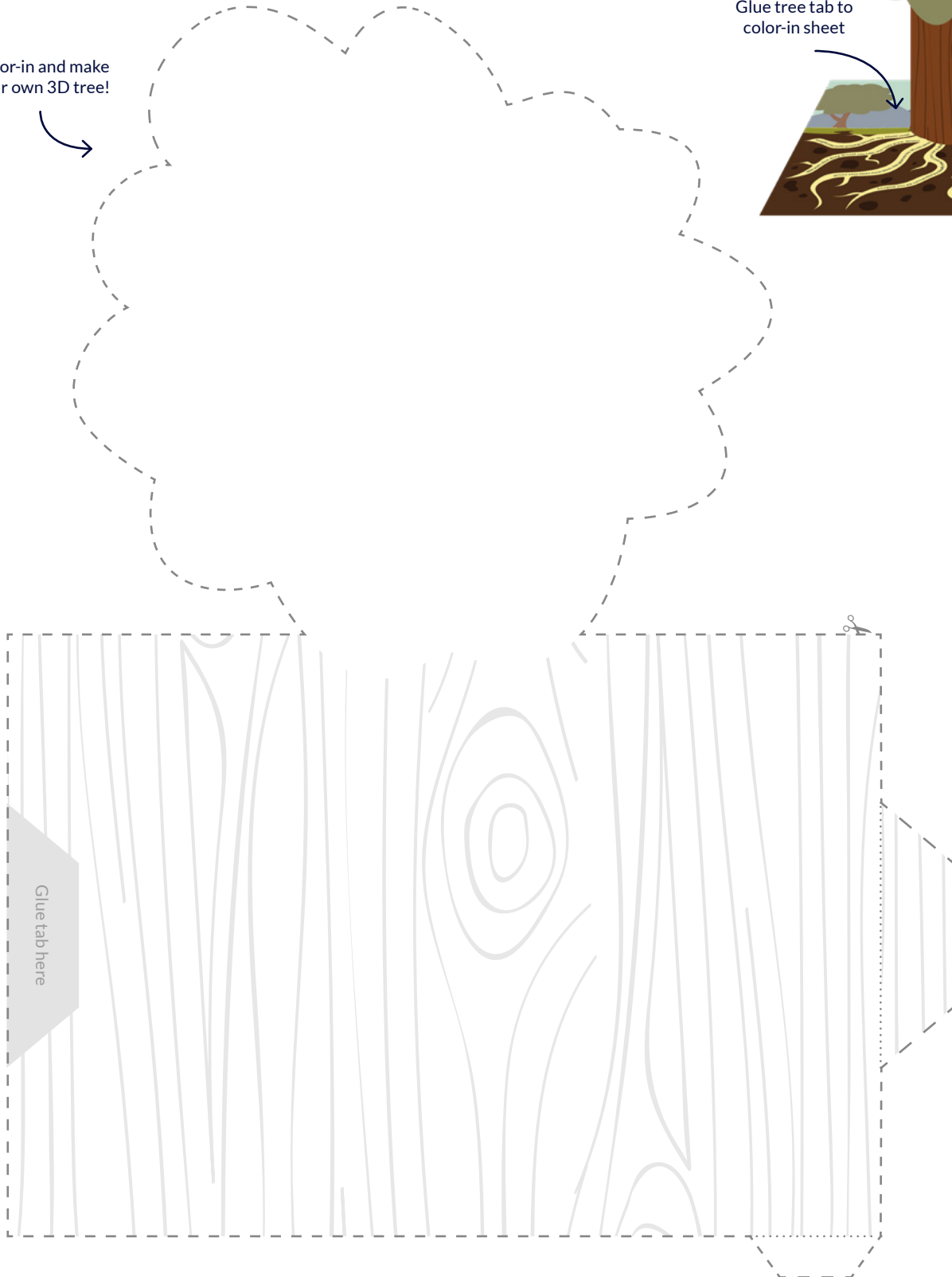
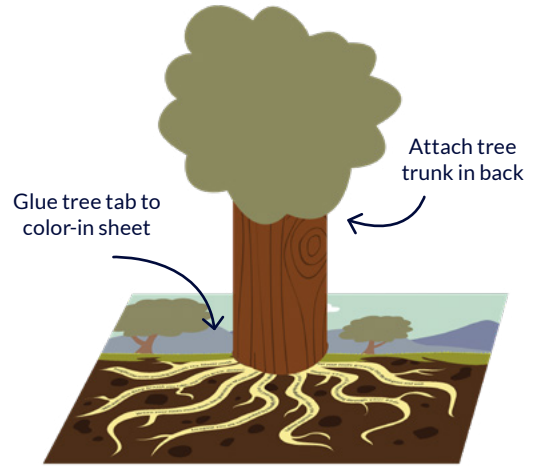
# Peekaboo's Relaxing Roots

Peekaboo's roots are strong, and yours can be, too. Check out the tips below for growing your roots. Then, color and cut out the tree pattern below. Attach your tree to the roots. You can visit your own little piece of the Moshling forest world when you need a reminder about how great you, and your roots, really are!



# Peekaboo's Relaxing Roots

Color-in and make your own 3D tree!



# Peekaboo's Relaxing Roots

Color this picture and Relax Your Roots with Peekaboo

