

# Conversation Guide

Play Buster's Diaries, Season 1 which includes 28 daily 1-2 minute tracks. Then use the Conversation Guide with your class to reflect on SEL skills and strategies.

## Conversation Guide

Buster Bumblechops likes to keep a diary of all the friendly Moshlings he meets, and the places in the Moshi world he likes to go. When you listen to Buster's first diary entry, he will tell you how to keep your own daily diary. Listen to any of his quick, relaxing diary entries for details about WHO he sees, WHERE he goes, WHAT he does, and HOW he feels.

When you keep a diary, or journal, you are observing, reflecting, and writing about how you used your senses, just like Buster.

You can write and draw about these ideas in your daily diary:

- Your favorite people
- Your favorite foods
- Fun activities
- Ideas you have
- Feelings you have
- Things you want to know about
- How you are kind to others
- Things that make you laugh
- Things that are hard to do
- Things you can do well



## Series

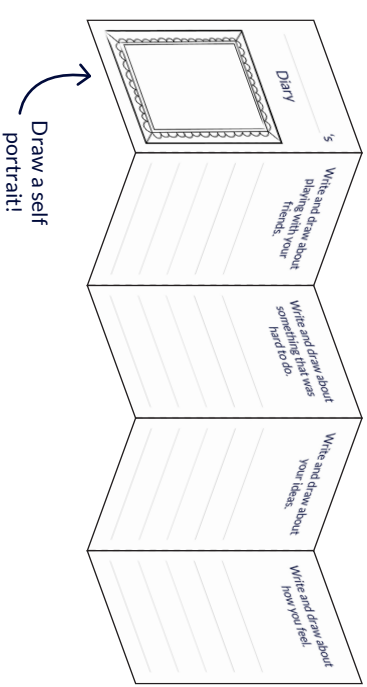
**Buster's Diaries,  
Season 1, 28 tracks**



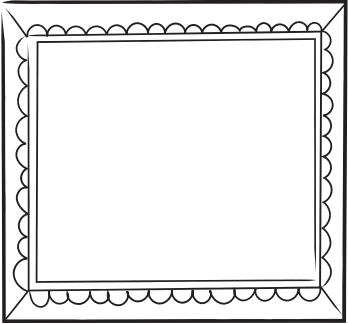
**moshi**  
for  
Schools

# Buster's Daily Diary

One way to keep a daily diary is with folded paper. You make a foldable by folding paper in different ways. Try this accordion folded paper to get you started with keeping a **daily diary**!



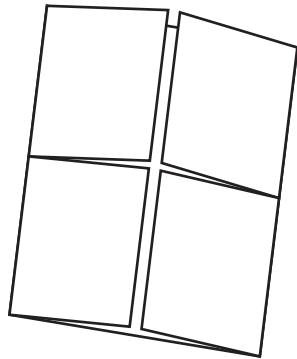
Scissors icon at the top left corner.

	<p>'s</p> <p>Write and draw about playing with your friends.</p>	<p>Write and draw about something that was hard to do.</p>	<p>Write and draw about your ideas.</p>	<p>Write and draw about how you feel.</p>
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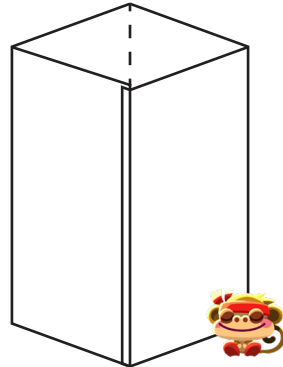


# SEL Foldables Guide by Moshi

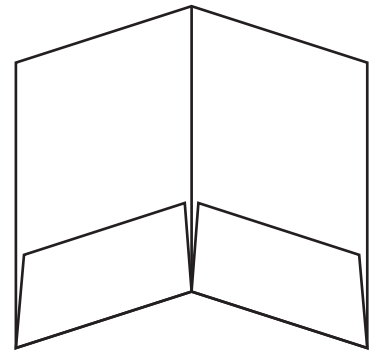
Here are some suggestions about how to use Foldables for social-emotional learning in your classroom:



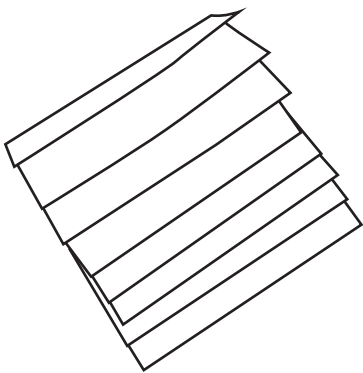
Make a **four-door foldable** with space to write and draw positive affirmations about yourself.



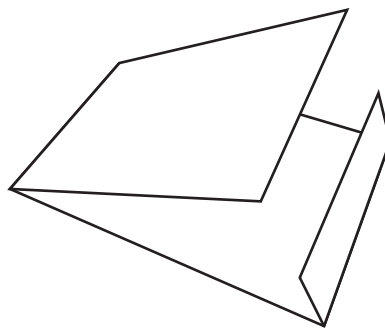
Create a **standing cube** with friendship skills on the sides. Positive notes and cards from friends can be kept inside the cube.



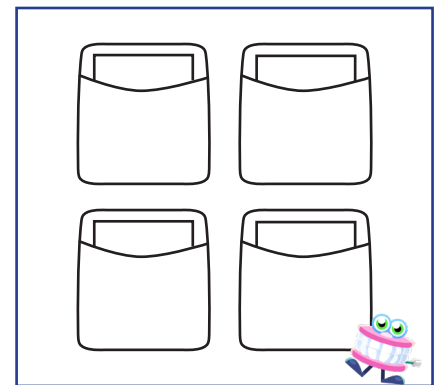
Use the **pocket foldables** to help students sort social-emotional skills into categories such as: friend and family skills, self-awareness, and making good choices.



Teach students to make a **layered book** for keeping track of emotions and feelings.



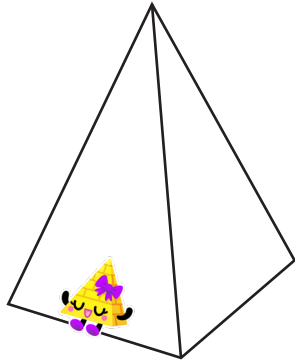
Use the **matchbook foldable** and portfolio to display SEL-related scenarios for students to respond to with their own skills.



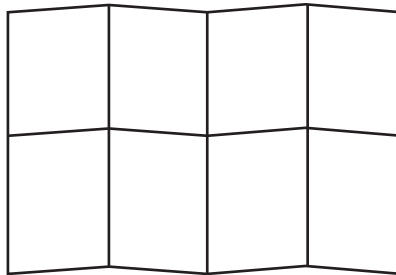
Incorporate tabs and pockets into a **bulletin board** or display about mindfulness skills or focus one one skill such as gratitude or kindness.

# SEL Foldables Guide by Moshi

You can use **foldable paper patterns** to help you with your mindfulness instruction as well as any of the academic subjects.



Try making the **pyramid foldable** to prompt students to retell the beginning, middle, and end of a Moshi moment or meditation track.



Develop a **foldable table or chart** for students to keep track of the mindfulness skills they learn and use.



Create **sortable cards** of mindful and not-so-mindful behaviors. Have students use the folder or answer mitt foldables to sort their responses.

