

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 kinds of thoughts are Peep's little feel goods?
2. How does Peeps feel when he thinks about his self-affirmations, or little feel goods?
3. Which of Peeps' feel goods do you like best?
4. How do you feel when you tell yourself your own little feel goods?
5. When could you tell yourself your own little feel goods?
6. What do you think Peeps would tell a friend who is having a bad day?



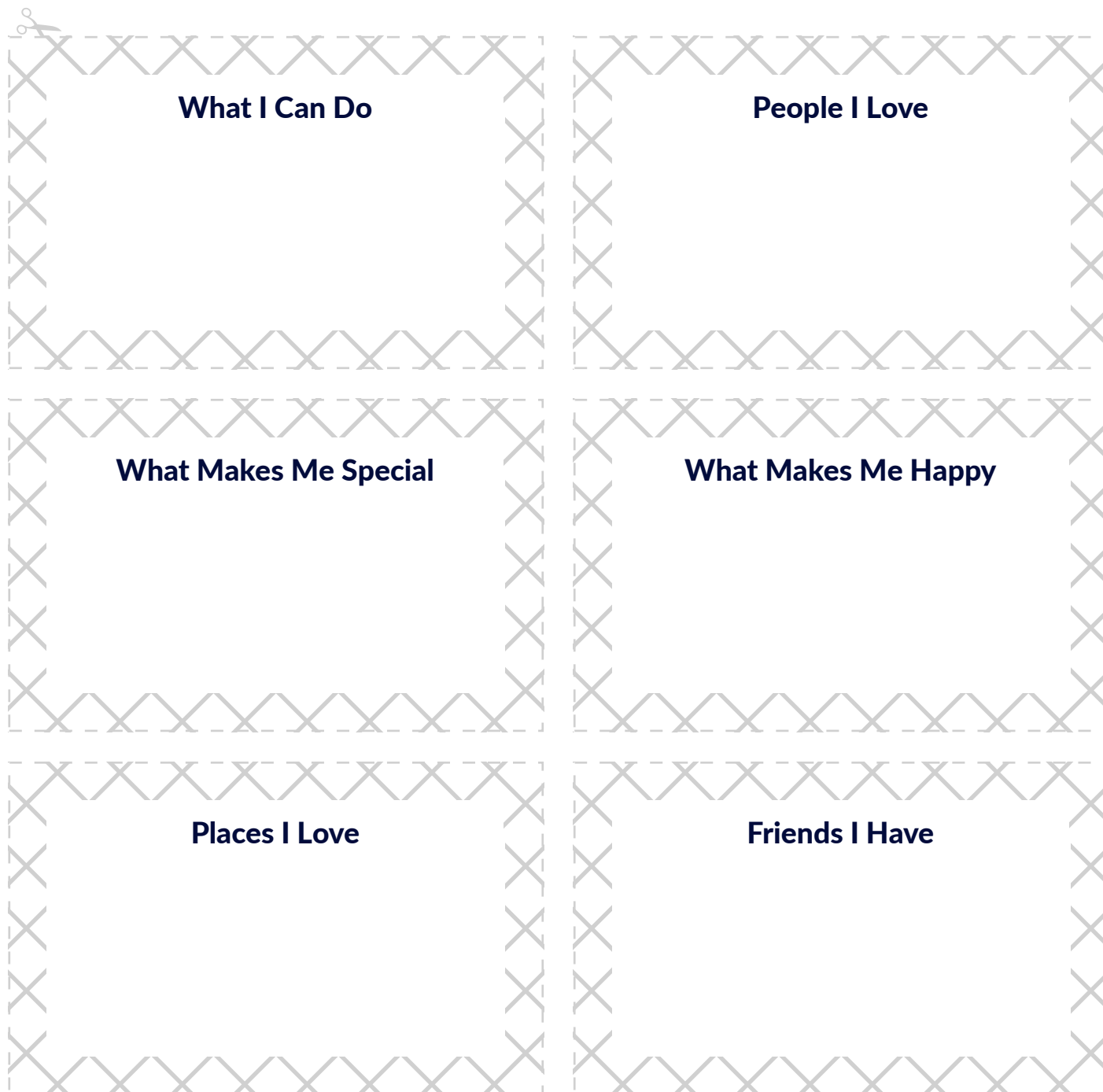
Track

**Little Feel Goods
with Peeps**
(7:22)



Your Own Little Feel Good Confidence Cards

Color and cut out your own **Little Feel Good Confidence Cards** to look at when you need a little feel-good boost like Peeps.

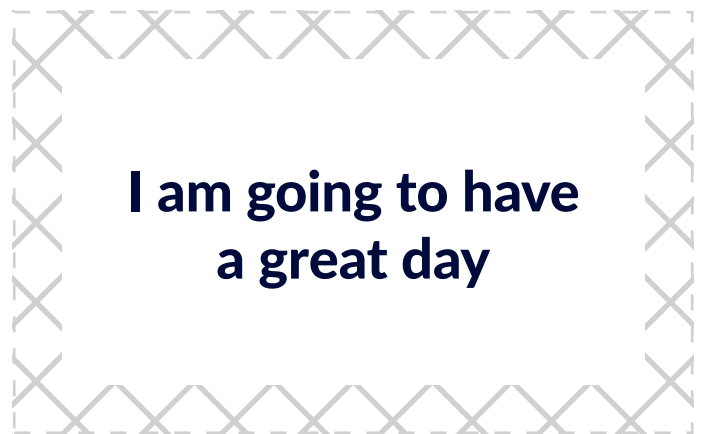


The image shows six rectangular cards arranged in a 3x2 grid. Each card has a dashed border with a repeating 'X' pattern. A small scissors icon is located in the top-left corner of the first card. The cards are labeled as follows:

- Top-left: **What I Can Do**
- Top-right: **People I Love**
- Middle-left: **What Makes Me Special**
- Middle-right: **What Makes Me Happy**
- Bottom-left: **Places I Love**
- Bottom-right: **Friends I Have**

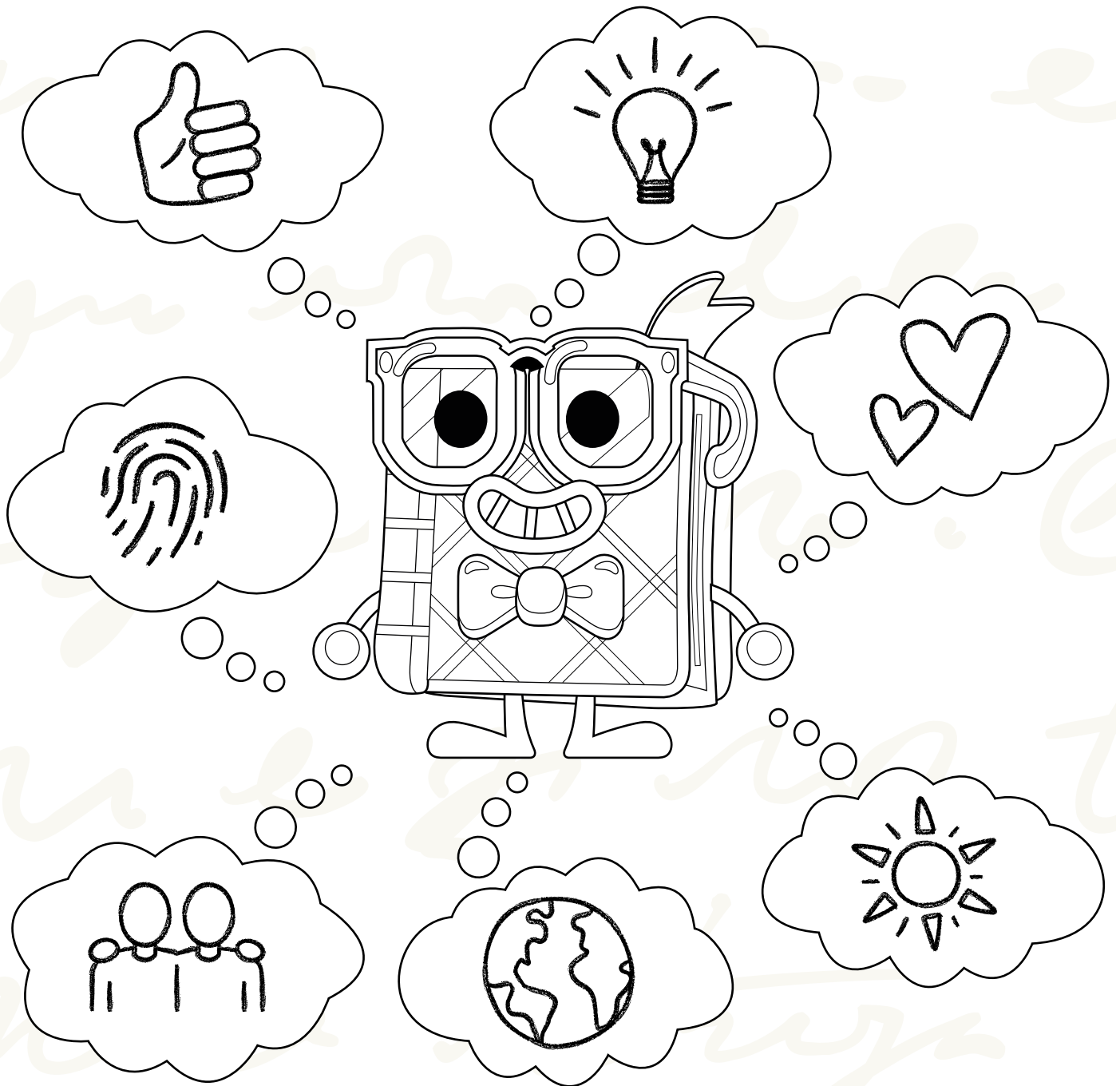
Your Own Little Feel Good Confidence Cards

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Counting with Peeps

How many good thoughts does Peeps have? Count them, then color them in!



What I Can Do



What I Learned



People I Love



What Makes Me Special



What Makes Me Happy



Places I Love



Friends I Care About