

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 confidence, and how does it feel to be confident?
2. What does CocoLoco do to boost his confidence?
3. How does relaxing help you to be confident?
4. Why does CocoLoco want to share his tips and tricks to be confident?
5. When do you feel confident? What helps you to feel that way?
6. CocoLoco tries new things to boost his confidence. What is something new you want to try?
7. What can you do if the people around you make you feel sad or upset?
8. What does CocoLoco tell himself when he feels down?



Tracks

**CocoLoco's
Confidence Booster**
(6:54)



CocoLoco's Confidence Booster

Guide CocoLoco through the maze to help boost his confidence. You can try CocoLoco's tips and tricks to boost your own confidence.

Start

Helping Others
How can you help others?

Focus on the Good Things
What good things do you like to think about?

Breathe to Relax
Take three slow breaths. Feel your body relax.

Try New Things That Feel Right for You
What is something new you tried? What is something you haven't tried yet?

I'm Confident!

The maze is a complex path of white lines on a light blue background. It starts at a wooden sign on the left that says "Start". A small, smiling, brown, round character with large eyes and a straw in its mouth is positioned next to the sign. The path winds through several circular and irregular shapes, each containing a confidence-boosting tip. The path ends at the bottom right, where the character is shown again, looking happy and confident, with the text "I'm Confident!" next to it.