

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?



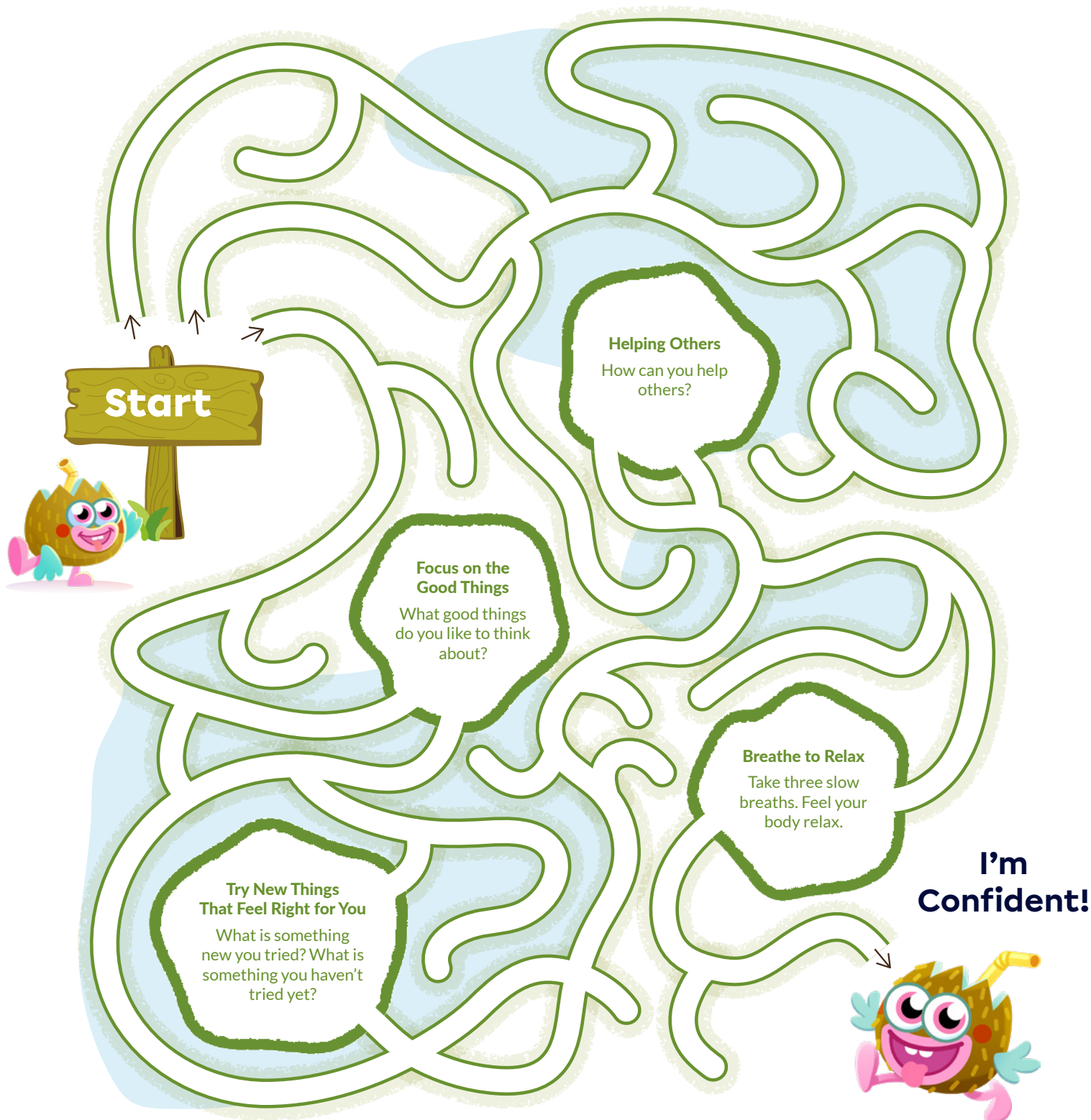
Tracks

**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.



CocoLoco's Confidence Booster

Take time to relax like CocoLoco.

