

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. Nancy takes deep, slow breaths to relax. What does she think about when she breathes?
2. Nancy loves to think about her friends and family. Who do you love to think about?
3. How do you feel when you think about the people you love?
4. What else could you think of while you are breathing to relax?
5. What sounds do you hear when you focus and listen?
6. Take three slow breaths like Nancy. How do you feel now?



Track

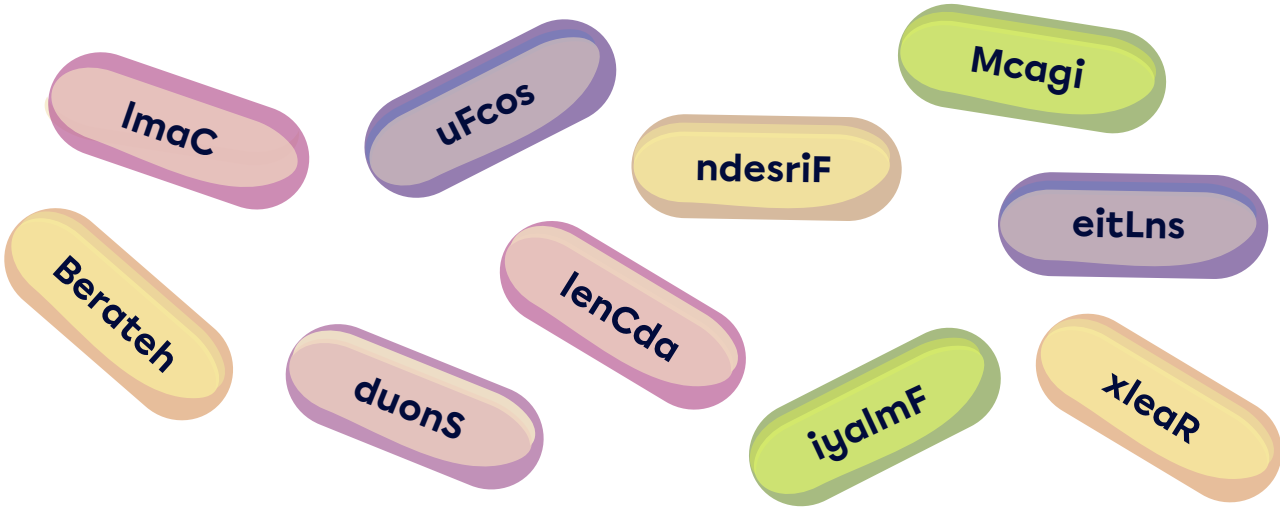
**Delightful Deep Breathing
with Nancy**
(6:33)



Nancy's Word Search

Help Nancy unscramble these words that remind her to relax.

Answer
key



After you unscramble the words, find them in the word search.



Word Bank

- | | | |
|---------|---------|--------|
| Calm | Friends | Sound |
| Relax | Family | Magic |
| Breathe | Focus | Candle |
| | Listen | |

Calm, Relax, Breathe, Friends, Family, Focus, Listen, Sound, Magic, Candle

Delightful Deep Breathing with Nancy

Take time to breathe like Nancy.

