

# 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 optimism?
2. How does Flumpy take a Brightside Break?
3. What are some of the ways Flumpy looks on the bright side?
4. How do you feel when you take slow, deep breaths?
5. Why do you think Flumpy likes to take deep breaths before looking on the bright side?
6. When could you use a Brightside Break?



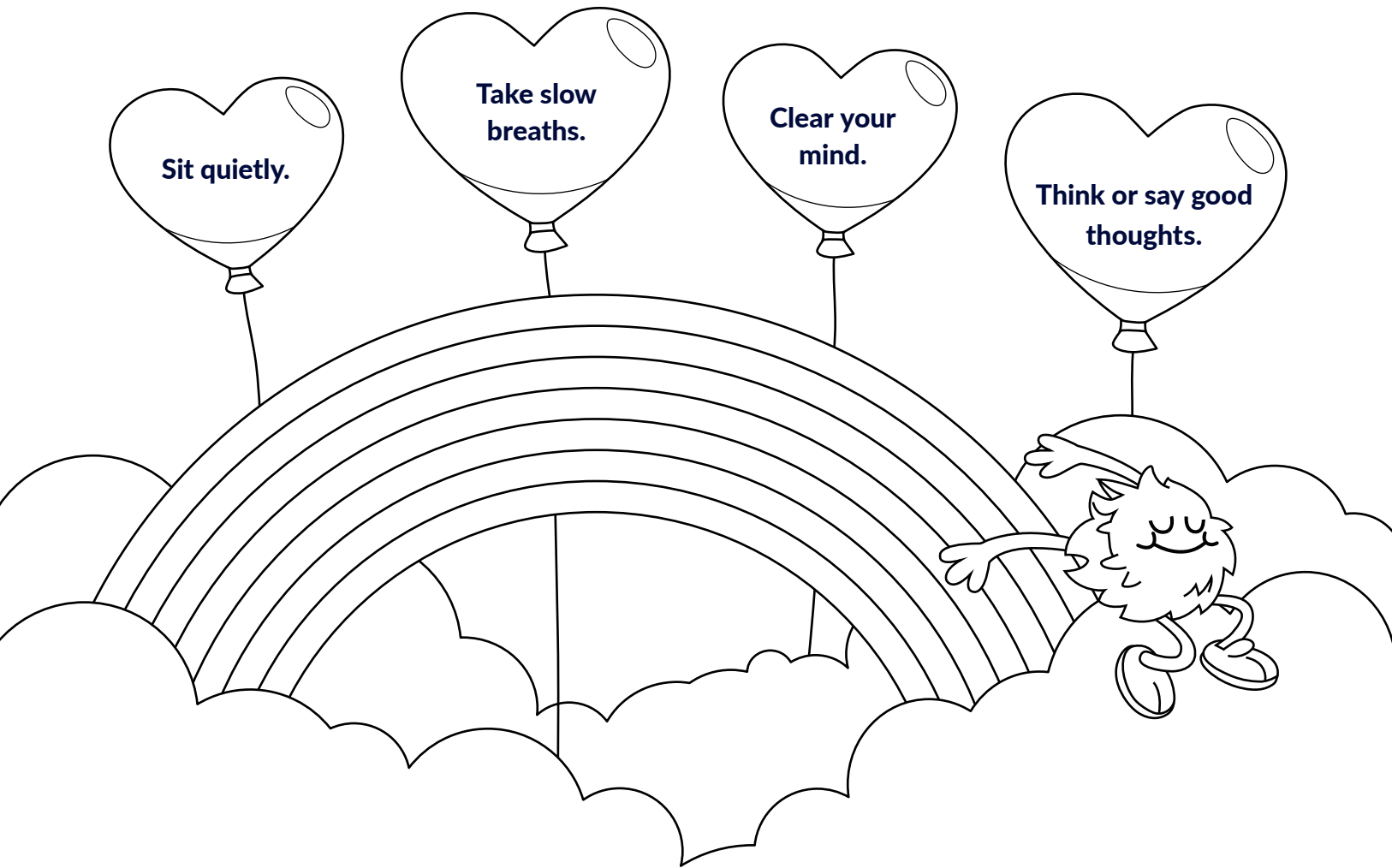
## Track

**Looking on the Bright Side  
with Flumpy**  
(6:48)



# Take a Brightside Break

Flumpy reminds us that you can't have a rainbow without a little rain. When you're feeling down, take a **Brightside Break**. Here's how:



Sit quietly.

Take slow  
breaths.

Clear your  
mind.

Think or say good  
thoughts.

## My Good Thoughts

My brain is amazing.

I believe in me.

I am loved.

Today I'm going  
to be happy!

I am kind.

I AM good enough.

I am going to have  
a great day!

I am the only ME!

# Look On the Brightside with Flumpy!

How does Flumpy help himself look on the bright side of things when he's feeling down? Follow the maze and repeat **Flumpy's Brightside Reminders** to yourself as you find the right path.

