

# 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. Why does Blingo like to take time to reset his mind in a positive way?
2. How does Blingo create awesome vibes?
3. When Blingo thinks of making music and helping others, he feels awesome. What thoughts make you feel awesome?
4. When could you take time to reset your mind like Blingo?



## Tracks

**Awesome Vibes  
with Blingo**  
(7:12)



# Sending Happy Vibes by Blingo

Help Blingo finish the lyrics for his new song about sending awesome, **happy vibes** to his Moshi friends and family.

1. When I think about \_ \_ \_ \_ (a favorite animal), I feel like a winner.  
And I feel so happy when there's \_ \_ \_ \_ (a favorite food) for dinner.
2. When I go to \_ \_ \_ \_ (a favorite place) I have a smile on my face.  
I feel like I could win a \_ \_ \_ \_ (a favorite number) mile race!
3. I think \_ \_ \_ \_ s (a favorite shape) are the coolest shapes.  
I have mindful superpowers and I wear a \_ \_ \_ \_ (a favorite color) cape.

## My Happy Vibes Memory Game

1. Make matching pairs of cards about what you like best.
2. Cut out the cards and turn them facing down.
3. Each player chooses two cards.
4. If the cards match, keep the pair.
5. Match as many pairs as you can.

