

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. A sphere is a round object like a ball. What objects do you have that are spheres?
2. How do you feel when you hear the sound that the meditation spheres make?
3. After you took deep breaths, how did your body feel?
4. What did the spheres look like in your imagination?
5. How did it feel to let your worries drift away?
6. When would it be helpful to imagine the meditation spheres in your mind?



Track

Gumdrop's Magical Meditation Spheres

(6:39)

Meditation music from 6:40 to 11:41



Color your Magical Meditation Spheres

Gumdrop's meditation spheres are all different. **Color the spheres** below with the colors and patterns that make you feel calm and relaxed.

