

Conversation Guide

Play this short audio track then use the Conversation Guide with your class to reflect on SEL skills and strategies.

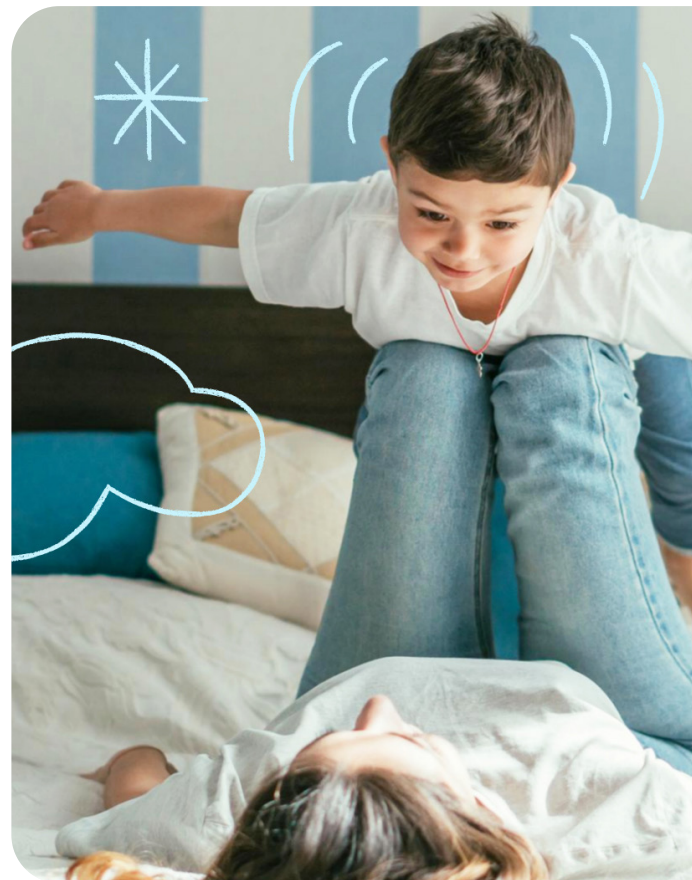
Conversation Guide

1. What is ShiShi's trick for filling herself with joy and love?
2. What is joy, and when do you feel joyful?
3. How does ShiShi breathe before she uses her tips and tricks?
4. When you imagined your body filled with light, how did you feel?
5. How did you feel when you imagined your friends and family?
6. When could you use ShiShi's plan for feeling happy?



Tracks

**5 Minutes to Happiness
with ShiShi**
(5:00)



Your Five Minute Plan to Feel Happy

_____ 's Five Minute Plan to Feel Happy

Fill in the words from the Word Bank to make your own **Five Minute Plan** to Feel Happy.

Word Bank



1. Breathe in through your _____ and out through your _____
2. Feel your _____ relaxing as you take _____ breaths
3. Imagine your body full of _____. It feels like a warm _____ !
4. Think about your _____ and _____ , and favorite places.
5. Breathing slowly and thinking of positive thoughts helps you feel _____ and _____ !

ShiShi's Photo Album

Now, look at ShiShi's photo album. Can you find the differences in these pictures of ShiShi at her favorite place? There are **5 differences** to find! When you've found them all, color the photo with your favorite colors.

