

# 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 does it feel to be anxious or scared?
2. How is feeling nervous like feeling excited?
3. What tricks does Mr. Snoodle tell ShiShi to try when she feels anxious?
4. What does Mr. Snoodle say when he feels nervous?
5. What funny word does Mr. Snoodle use for nervous and excited?
6. Try some of the tricks the Moshlings used! How did you feel?



## Tracks

**ShiShi & Mr Snoodle's  
Anxiety Hacks**  
(6:40)



# ShiShi's Anxiety Maze

Guide her to Mr. Snoodle's anxiety tricks so she can find her way to feeling calm.

