

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. How does Ivy move when she feels nervous?
2. What does your body feel like when you are nervous?
3. When Ivy feels nervous, what does she do to relax?
4. How did it feel to blow on your shiny green leaf?
5. What do you hear when you are still and quiet like Ivy?
6. How do you feel now that you have been brave and calm like Ivy?



Track

No More Nerves with Ivy
(6:20)



Ivy's Leaves of Calm

Find the words that help Ivy be brave and calm when she's nervous.

V H W G U T X T I G L N U E S
P X C H C B X V K R I I E I T
X Q U I V E R Y W E M B F Y I
K K D S B N Q F E E D U O R L
B X R O E K C H A N N T E H L
L S H I N Y D Y U M W T R F X
D T G S S H I V E R Y E E O W
W V L D A O R G G V H R L C N
O T H O U G H T S S Y F A U R
Z C T I N G L Y M B S L X S N
N E R V O U S V C C R I L F M
C H L E A F P L Q E A E R F M
A A R S C S N K O R H S E V V
L N C V K M X J P W X F E Z U
M D M N W N F A B R E A T H E



Word Bank

shivery
quivery
shiny
leaf

nervous
tingly
butterflies
calm

thoughts
relax
breathe
green

hand
breeze
still
focus

Ivy's Coloring Page

Answer
key

V H W G U T X T I G L N U E S
P X C H C B X V K R I E I T
X Q U I V E R Y W E M B F Y I
K K D S B N Q F E E D U O R L
B X R O E K C H A N N T E H L
L S H I N Y D Y U M W T R F X
D T G S S H I V E R Y E E O W
W V L D A O R G G V H R L C N
O T H O U G H T S S Y F A U R
Z C T I N G L Y M B S L X S N
N E R V O U S V C C R I L F M
C H L E A F P L Q E A E R F M
A A R S C S N K O R H S E V U
L N C V K M X J P W X F E Z U
M D M N W N F A B R E A T H E

Color this picture of Ivy and let your worries
fade away.

