

Conversation Guide

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

Conversation Guide

An affirmation is something positive you can tell yourself.

1. What affirmations does Pops tell himself?
2. How does Pops feel when he says them?
3. Do you say affirmations to yourself? What are they?
4. When could you use an affirmation like Pops does?
5. Make up your own affirmation. Practice it, then share it with someone. Tell them when they can use it.



Track

Panic Be Gone with Pops

(5:46)



Pop!: An Affirmation Game

For one or more players.

Directions:

1. Cut out the Pop! Game Cards and fold them so you can't see the words.
2. Put them in a container or a small pile in front of you.
3. Choose a card and follow the directions.
4. If you draw the Pop! Card, put your cards back in the pile.

Play for as long, or as short, as you like.

What would you tell Pops when he feels upset?	What does Pops say when he feels scared?	Practice telling yourself or a friend, "This feeling will pass."	Breathe deeply so you're getting enough air.
Stretch your legs.	Take three slow breaths.	Tell a friend or yourself something kind.	Stretch your arms.
Stretch your back and shoulders.	How do you feel when you imagine Pops relaxing in his home on Corny Corner?	What would you do if your friend was feeling upset?	What does Pops look like? Listen to the track again if you need a reminder?
How does Pops act when he forgets to calm down?	What happens to Pops if he doesn't calm down when he is angry or upset?	 Put your game pieces back in the pile. Take a deep breath and start again!	 Put your game pieces back in the pile. Take a short stretch and start again