

# Conversation Guide



## Tracks

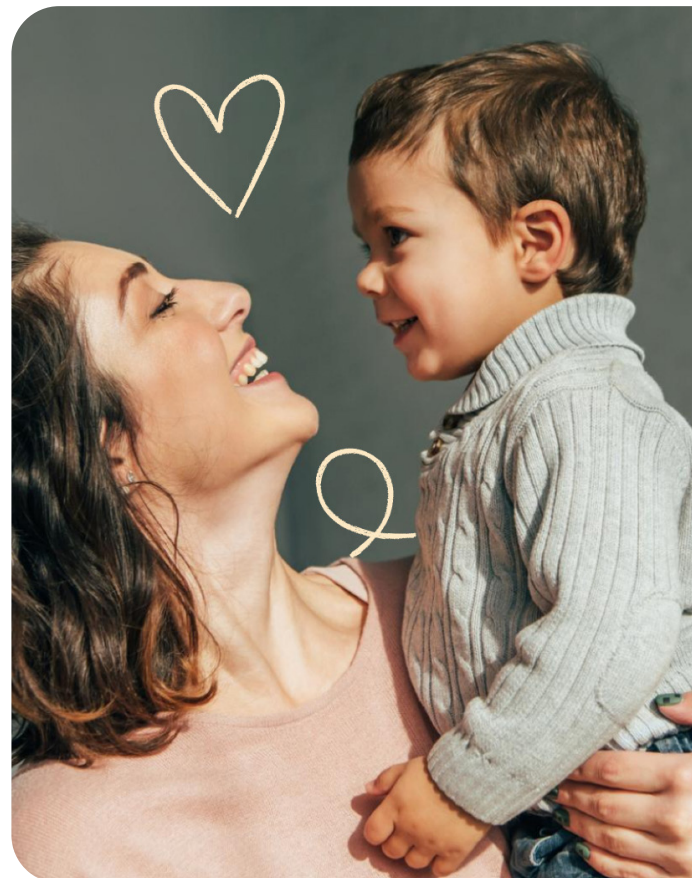
### Tame Tantrums with Mumbo

(5:36)

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 Mumbo the Punky Monkey keep his cool when he feels upset?
2. Where does Mumbo put his hands when he breathes?
3. Mumbo breathes in through his nose and out through his mouth. How does it feel when you breathe like this?
4. Make a whooshing sound when you breathe out like Mumbo. Did this help you not to feel angry or upset?
5. When do you feel like Mumbo does when he gets upset? Try breathing like Mumbo when you feel this way.



# Tame Tantrums with Mumbo

Fill in the correct words to help Mumbo calm down.

Answer key

## Word Bank



1. Mumbo takes a moment to calm down when he starts to lose his cool. 2. Mumbo tries to calm down before he gets upset. 3. Close your eyes and one hand on your tummy and one hand on your chest. 4. Breathe in through your nose and out through your mouth. 5. Make a soft whooshing sound when you breathe out.

1. Mumbo takes a moment to calm down when he starts to lose his \_\_\_\_\_
2. Mumbo tries to \_\_\_\_\_ down before he gets upset
3. Close your eyes and put one hand on your \_\_\_\_\_ and one hand on your \_\_\_\_\_
4. Breathe in through your \_\_\_\_\_ and out through your \_\_\_\_\_
5. Make a soft \_\_\_\_\_ sound when you breathe \_\_\_\_\_