

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 helps Doris be able to knit many different things?
2. How does Topsy Turvy feel when he has to wait?
3. When Topsy Turvy has to wait, what does Doris tell him to do first?
4. How does Doris distract herself when she is knitting?
5. What can you do to distract yourself when you're waiting?
6. What item does Doris tell Topsy Turvy to try when he is impatient?



Track

**Patience with Doris
& Topsy Turvy**
(6:45)



Topsy Turvy's Patient Words

Search for the words that help Topsy Turvy remember how to be patient.

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

Word Bank

Patience
Breath
Nose

Mouth
Distract
Wait

Pretend
Timer
Superhero

Calm
Relax

Your Own Patience Project

Answer
key

You can create your own handcraft project with some ribbon, yarn or string.

Find your favorite colors and braid, tie or twist your own relaxation project. You can add beads or shells to your strands if you have them. When you're done, you can keep it, or undo your work and start again!

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

