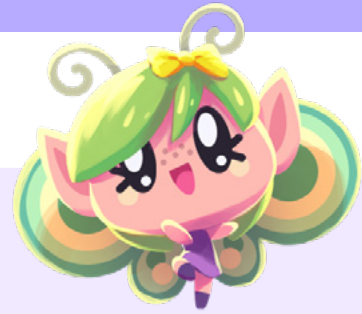


Conversation Guide

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 Posy feel when she's afraid?
2. What happens when Posy has to perform in front of others?
3. When Posy feels afraid, what helps her?
4. How did you feel when you took deep breaths like Posy?
5. What does Posy tell herself when she feels afraid?
6. Where does Posy say she finds confidence and courage?



Tracks

Facing Fear with Posy

(5:00)



Help Posy face her fears

Put the right words in the sentences and help Posy face her fears.

Answer key

Word Bank



1. Take a few **deep** breaths. 2. **Think** about yourself doing a great job. 3. I am going to do **great**! 4. **Hey worries**, go away! 5. Confidence and courage comes from **within**. 6. Feeling **nervous** is natural, but you can't let jitters win!

1. Take a few _ _ _ _ _ breaths.

2. _ _ _ _ _ about yourself doing a great job.

3. I am going to do _ _ _ _ _ !

4. Hey _ _ _ _ _ , go away!

5. Confidence and courage comes from _ _ _ _ _ .

6. Feeling _ _ _ _ _ is natural, but you can't let jitters win!

Posy's Fairy Ballet

Now, color this picture of Posy as she dances without fear!

