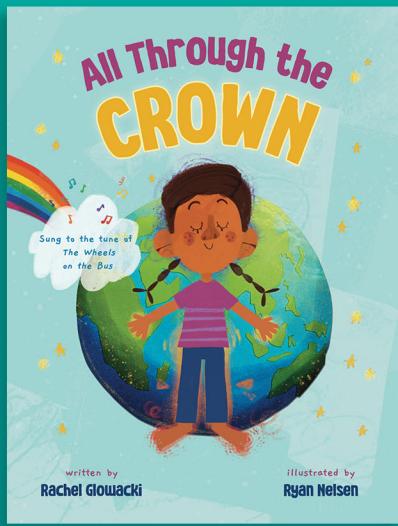


# MOVE WITH ME BOOKS PRESENTS ALL THROUGH THE CROWN



## HOW TO USE THIS BOOK: A GUIDE FOR TODDLERS-3RD GRADERS

BY RACHEL GLOWACKI

# FOR TODDLERS AND PRESCHOOLERS SAMPLE LESSON PLAN

## Step One: Teacher Centering Practice

- Feel your feet rooted to the ground, like tree roots growing deep underground.
- Place one hand on your heart and the other on your belly.
- Inhale cool air through your nose. Exhale warm air through your mouth.  
Repeat 3x.
- Breathe in peace for yourself. Breathe out connection to your class.

## Connection Tip

- When kids feel connected to the grownups around them, they learn better and listen more easily.

## Step Two: Introduce the Book

- "Today, we're going to read and sing along to a picture book called All Through the Crown. It's sung to the tune of 'The Wheels on the Bus.' Who knows that song?"

## Step Three: Engage With the Story

- Sing and read along.

<https://open.spotify.com/track/13Le9dQgwWfGw08YjF2RA0?si=1e3a251c26dc45e3&nd=1&dl=si=d2409c6f8dd94b06>

- Ask: What's your favorite color? What color do you think comes next?
- Point to each body part on the page. Invite children to point to their own bodies.

## Extension

- Download free coloring sheets or invest in the educational bundle for classroom or home use.

# FOR KINDERGARTEN–1ST GRADE SAMPLE LESSON PLAN

## Step One: Teacher Centering Practice

- Feel your feet rooted to the ground, like tree roots growing deep underground.
- Place one hand on your heart and the other on your belly.
- Inhale cool air through your nose. Exhale warm air through your mouth. Repeat 3x.
- Breathe in peace for yourself. Breathe out connection to your class.

## Connection Tip

- When kids feel connected to the grownups around them, they learn better and listen more easily.

## Step Two: Read & Reflect

- Read and sing the book aloud. [Insert link to video/song]
- Ask reflection questions. Talk about what makes us feel safe, seen, and loved.
- Use coloring sheets and the Rainbow Meditation video.

- **Step Three: Choose a Learning Role**
- Scientist: Just listen. Notice how you feel, what you hear, what you see.
- Writer: Use your journal. Write how meditation makes you feel.
- Artist: Draw what comes to mind as you listen.

# FOR 2ND–3RD GRADE SAMPLE LESSON PLAN

## Step One: Introduce the Book Without

### Step Two: Teacher Centering Practice

- Feel your feet rooted to the ground, like tree roots growing deep underground.
- Place one hand on your heart and the other on your belly.
- Inhale cool air through your nose. Exhale warm air through your mouth. Repeat 3x.
- Breathe in peace for yourself. Breathe out connection to your class.

### Connection Tip

- When kids feel connected to the grownups around them, they learn better and listen more easily.

## Step Three: Reflect & Explore

- Use discussion or journaling for reflection questions.
- Guide students to write or draw their meditation response in rainbow rhythm.
- Ask: What does your happy place look like? Sound like? Feel like?

### Teaching Tips

- This age group may not resonate with the tune but will connect to the concepts.
- Some students may enjoy singing because it's nostalgic—invite them if they choose.
- Read the book aloud without singing.

## Step Four: Choose a Learning Role

- Scientist: Observe and feel.
- Writer: Describe your meditation experience.
- Artist: Illustrate your feelings or happy place.

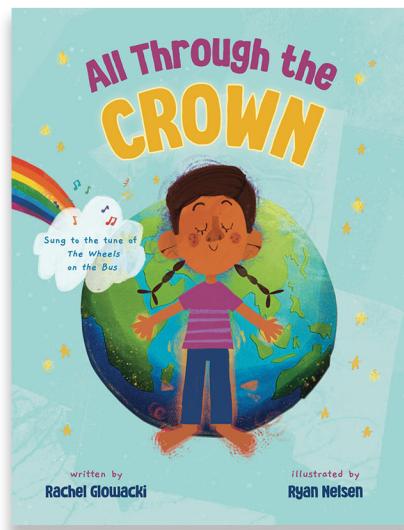
### Group Break Out Sessions

- Pair writers with scientists or artists to help describe what their partners observed or drew.
- Writers can write about the image created by their artist partner, or the experience described by the scientist.
- Artists can draw what their writer partner wrote or illustrate the observations

# SUPPORTING RESOURCES FOR EDUCATORS



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