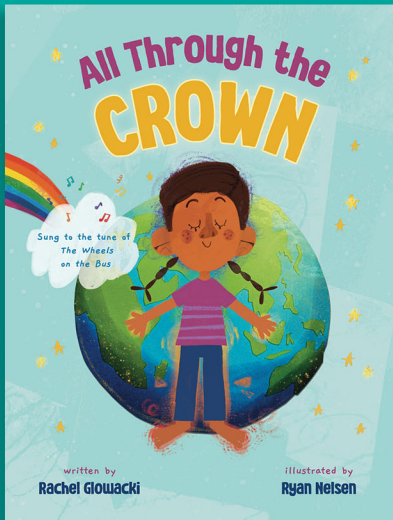


MOVE WITH ME BOOKS PRESENTS ALL THROUGH THE CROWN



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&dlsi=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.

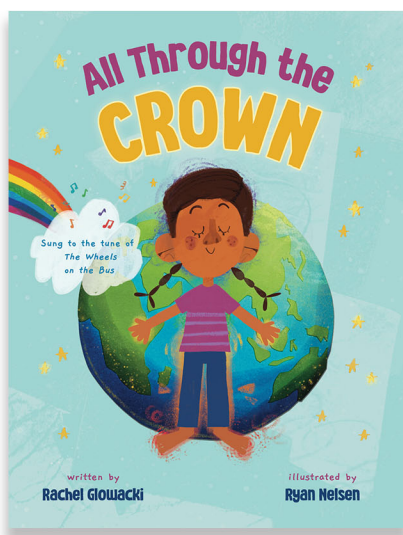
Group Break Out Sessions

- 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



**SING ALONG
ON SPOTIFY**



**BOOK
& EDUCATOR
BUNDLE**



**EDUCATOR
BUNDLE
(\$6)**