

InnerFlow Master Catalog + TEKS Crosswalk

#	Title	Pages	ISBN	Grade Band	4B Domain	Curriculum Alignment Domains	Implementation Models
1	Sleep & Your Body Clock	42	979-825066 8644	K–2	Brain	Health, Character, PE, ELA, Science	CL, SG, FE
2	Sleep & Your Body Clock (Upper)	72	979-825107 6202	3–6	Brain	Health, Character, PE, ELA, Science, Career	CL, SG, MTSS, FE
3	Food Gives Us Power	42	979-825186 5172	K–2	Body	Health, PE, ELA, Science, Social Studies	CL, SG, FE
4	Food Fuels Growth & Energy	88	979-825161 6026	3–6	Body	Health, PE, ELA, Science, Social Studies, Career	CL, SG, MTSS, FE
5	Safe People & Strong Hearts	42	979-825227 8612	K–2	Bonds	Health, Character, ELA, Social Studies	CL, SG, FE
6	Safe People & Strong Hearts (Upper)	94	979-825227 9794	3–8	Bonds	Health, Character, ELA, Social Studies, Career	CL, SG, MTSS, FE
7	Moving Bodies, Moving Feelings	42	979-825228 1247	K–2	Behavior	Health, Character, PE, ELA, Science	CL, SG, FE
8	Moving Bodies, Moving Feelings (Upper)	86	979-825228 2268	3–8	Behavior	Health, Character, PE, ELA, Science, Career	CL, SG, MTSS, FE
9	Finding InnerFlow: A Journey to Balance	50	979-818160 3349	K–3	Integrated 4B	Health, Character, PE, ELA, Science, Social Studies, Career	CL, SG, MTSS, FE
10	Finding InnerFlow: A Journey to Balance (Upper)	112	979-818160 9501	4–8	Integrated 4B	Health, Character, PE, ELA, Science, Social Studies, Career	CL, SG, MTSS, FE, PD
11	Wellness Reflection Coloring Book	124	979-818162 0278	EC–3	Integrated 4B	Health, Character, PE, ELA	CL, SG, MTSS, FE
12	Grief: The Story Between	48	979-818163 4961	K–3	Bonds / Integrated	Health, Character, ELA, Social Studies	CL, SG, MTSS, FE
13	Grief: The Story Between (Upper)	134	979-818163 8570	4–8	Bonds / Integrated	Health, Character, ELA, Social Studies, Career	CL, SG, MTSS, FE, PD

CL = Classroom Instruction

SG = Small Group / Counseling

MTSS = Tier 1–3 Intervention

FE = Family Engagement / Take-home

PD = Professional Development anchor text