

InnerFlow Read-Aloud Companion Guide

Bringing Wellness Conversations into the Classroom

Designed for use with all books in the *What Is It to Be Well?* series.

Before Reading

Prepare students to think about the topic before opening the book.

Ask:

- What do you already know about this topic?
- Why do you think this might be important?
- Have you ever experienced something similar?
- What questions do you have before we begin?
- What do you think the title means?

During Reading

Pause occasionally and invite students to observe and think.

Discussion prompts:

- What do you notice?
- How do you think this character feels?
- What clues helped you figure that out?
- What would you do in this situation?
- Have you ever felt something similar?
- What healthy choice did the character make?
- What questions do you still have?

After Reading

Encourage reflection and application.

Discuss:

- What was the most important idea in today's story?
- What is one new thing you learned?
- How could you use this idea at home?
- How could you help a friend using what you learned?
- What surprised you?
- What would you tell someone who has never read this book?

Extension Activities

Choose one or more:

- Draw your favorite part of the story.
- Write one thing you learned.
- Practice one healthy habit from today's lesson.
- Complete a classroom discussion activity.
- Share the lesson with a family member.
- Create a poster that teaches today's wellness concept.
- Connect today's lesson to Brain, Body, Behavior, or Bonds.

www.innerflowpress.com

These companion materials are designed to be flexible. Teachers are encouraged to select questions and activities that best fit the developmental level, instructional goals, and needs of their students.