

Teacher Guide Sampler — Discussion Prompts

Nia’s Crown: How do we celebrate different hair textures and styles in class?

Nia’s Focus Journey: Practice a ‘focus rhythm’ before reading.

Culture Days — Juneteenth & Keti Koti

Age-appropriate ways to talk about freedom, resilience, and celebration.

Activity: gratitude fireflies — write one thing we’re grateful for on a glow dot.

Reflection & SEL

Feelings check-in: green (ready), yellow (wobbly), blue (sad), red (mad).

What helps us move from swirly to steady? Breathing, rhythm, asking for help.