

# Labyrinth Adventures Storybook Kits

Grant and Funding Resource Document by: Mind Body Align LLC

Labyrinth Adventures Storybook Kits are story-based, research-aligned resources for grades K–3 that help children build emotional vocabulary, attention skills, self-regulation tools, compassion, and responsible decision-making. Catholic schools use the kits to strengthen classroom culture, reduce behavioral disruptions, support student well-being, and reinforce virtues such as patience, kindness, courage, gratitude, and perseverance—without requiring specialized training for educators.

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**Is Mind Body Align a 501(c)(3)?** NO

**Federal Tax ID:** 47- 4879681

**Year Founded:** 2015

## **Mission Statement & Core Purpose**

Mind Body Align develops science-based programs, curriculums, and storybooks designed to strengthen children’s focus, self-regulation, and emotional well-being. Through practical strategies embedded in storytelling, routines, and relationship-building practices, Mind Body Align supports youth programs in creating calm, connected, and engaged learning environments that reduce behavioral challenges and improve whole-child outcomes.



## Program Description — Labyrinth Adventures

### Purpose

Labyrinth Adventures is a story-driven program for children ages 5–9 (K–3) that develops skills such as:

- emotional awareness and regulation
- positive self-talk and resilience
- empathy, compassion, and kindness
- problem-solving and peaceful peer interactions
- focus, transitions, and classroom participation

Each storybook includes a 15–20 minute scripted lesson, making implementation simple for teachers, support staff, and counselors.

### Why This Matters for Catholic Schools

Catholic schools form hearts and minds. Young children need tools to practice calm, reflection, and virtuous behavior in community. These kits support daily formation by helping children:

- pause before reacting
- name feelings with appropriate language
- choose compassionate responses
- repair relationships
- reflect on choices and grow in character

### Alignment with Catholic School Mission & Formation

Labyrinth Adventures supports Catholic education by reinforcing:

- **Virtue formation:** patience, kindness, perseverance, courage, gratitude, humility, respect
- **Community and belonging:** stronger peer relationships, inclusive language, shared practices
- **Reflection:** simple child-friendly prompts that build self-awareness and thoughtful choices
- **Peaceful culture:** consistent strategies for calming the body and returning to learning
- **Support for the whole child:** developmentally appropriate tools for emotions, behavior, and attention

### The Need

Catholic schools frequently identify these challenges in K–3:

- increased emotional reactivity, anxiety, and difficulty with transitions
- peer conflict, impulsivity, and classroom disruptions
- limited time for proactive social-emotional skill-building
- teacher burnout and the desire for tools that help without adding burden
- the need for a consistent, school-wide language for calm, kindness, and self-control
- Labyrinth Adventures provides a universal, easy-to-run structure that strengthens both student behavior and classroom climate.



## **Who Implements the Program?**

- classroom teachers (K–3)
- school counselors and intervention staff
- principals using it school-wide for culture-building
- aftercare/enrichment staff (optional)
- campus ministers and virtue program leads

No special training required—lessons are scripted and turnkey.

## **Structure & Time**

- 16 storybooks per kit (2 kits: Grade K-1 and Grade 2-3)
- each story includes a 15–20 minute lesson
- taught weekly, bi-weekly, or as a focused unit
- adaptable for morning meeting, religion/virtue integration time, SEL blocks, counseling groups, or transition routines

## **What's Included**

### **Physical Materials**

- 16 hardcover storybooks with embedded lessons
- posters for skill visuals and classroom reminders
- practice cards for repeated skill use
- emotional check-in tools and reflection prompts

### **Digital Access & Support**

- access to video storybooks via landing page
- access to printables and program materials
- student worksheets and reflection pages
- family support resources
- email support from the Mind Body Align Education Team

## **Outcomes & Objectives**

### **Student Outcomes (K–3)**

Students will:

- identify and label emotions appropriately
- practice self-control tools (breathing, grounding, reflection)
- increase empathy, kindness, and respect in peer interactions
- strengthen positive self-talk and resilience when challenged
- improve focus and participation during instruction
- reduce emotional escalation and improve conflict repair skills

### **School Outcomes**

Schools can expect:

- calmer transitions and fewer classroom disruptions
- stronger classroom community and student belonging
- increased instructional minutes due to reduced escalation
- a shared language for calm, reflection, and respectful behavior
- improved teacher confidence and reduced daily stress



## **Evidence of Impact**

100% of parents said their child uses techniques taught in Labyrinth Adventures at home  
100% of educators said children use the techniques taught during structured learning time  
81% of students said they will use the tools in the future  
46% of students reported teaching someone else the techniques learned (nearly 1 out of 2 children)

*Most commonly used techniques include: gratitude, deep breathing, mindful observation, kindness, positive self-talk, pause and reflect.*

## **Measurement & Evaluation**

Catholic schools can measure impact using:

- teacher observation checklists (focus, transitions, peer conflict, participation)
- brief student reflection prompts (verbal, drawing, or simple rating scales)
- incident trend tracking (frequency/time-to-calm/transition success)
- optional counselor notes for small group support
- short staff feedback surveys after 4–6 weeks of use

## **Budget Snapshot**

\$495 per Labyrinth Adventures Storybook Kit

## **What the Funding Covers**

- 16 hardcover storybooks (K-1 series or 2-3 series) with lesson scripts
- posters, practice cards, emotional check-in tools
- video storybook access and digital materials
- printable worksheets/reflection pages
- optional family resources
- ongoing email support from Mind Body Align

***(Volume pricing or multi-site options may be available upon request.)***

## **Sustainability (Why Funders Like This Purchase)**

- reusable materials year after year
- digital access supports ongoing printing
- lessons are short and fit into existing routines
- helps create consistent school-wide language and practices
- supports long-term culture change without requiring outside consultants
- low prep reduces staff burden and supports ongoing use



## **Funding Ideas for Catholic Schools (Where to Look)**

- Schools have successfully funded classroom resources like these through:
- diocesan education office grants or strategic initiatives
- Catholic foundations and local faith-based philanthropies
- parish donors or “adopt-a-classroom” sponsorships
- annual fund / mission advancement initiatives
- school parent organizations (PTO/PSO) and targeted fundraisers
- community foundations and family foundations (student wellness, youth development, literacy)
- corporate sponsorships (community giving, youth well-being, education)
- themed giving campaigns (back-to-school, Advent/Christmas giving, teacher appreciation)

### **Suggested grant keywords:**

whole child, student well-being, school climate, youth mental health, character education, virtue formation, trauma-informed, SEL, behavior supports, preventive support, classroom culture, literacy integration, family engagement.

## **Grant-Ready Narrative Snippets (Copy/Paste)**

### **1) Short Need Statement**

Our Catholic school is committed to forming the whole child—mind, heart, and character. In grades K–3, students need developmentally appropriate tools to manage emotions, practice self-control, build empathy, and repair relationships. Labyrinth Adventures provides a turnkey story-based structure that strengthens classroom climate, increases instructional focus, and reinforces virtues such as patience, kindness, perseverance, and gratitude.

### **2) Project Description**

Funds will be used to purchase Labyrinth Adventures Storybook Kits for grades K–3. Each kit includes 16 storybooks with embedded 15–20 minute lessons, posters, practice cards, and digital supports. Lessons will be implemented weekly as part of classroom routines and school culture initiatives. The program strengthens emotional regulation and attention skills, reduces disruptions, and builds a shared language for calm and respectful community life.

### **3) Sustainability Justification**

This is a one-time purchase with multi-year reuse. Materials will be retained by the school, used annually with new cohorts, and integrated into daily routines. Because lessons are scripted and short, staff can sustain implementation without outside training or ongoing consulting costs.

### **Procurement Note**

Mind Body Align LLC is a vendor/provider (not a 501(c)(3)). Grant funds may be awarded to the school and used to purchase the kits as a program expense. Mind Body Align can provide invoices, W-9 documentation, and product documentation upon request.