

Catholic School Preview Kit

Why Labyrinth Adventures Storybook Kit matters.

Catholic schools are called to shape both the hearts and minds of students. *Labyrinth Adventures* was created to give educators tools that help children practice virtue, build resilience, and grow in how they care for themselves and others.

Thank you for the work you do.



“The connection between SEL and our Catholic values was immediate. The kids love it—and it reinforces the virtues we teach.” ~ Principal Rastorfer St. Peter’s Catholic School, OH

“This is so easy to implement! It has made our classroom calmer, and the kids are noticing their feelings more.” ~ Mrs. Baker, Teacher, St. Peter’s Catholic School, Ohio





Lily's Special Compass

Storybook Preview

Lily's Special Compass is the first in the series of 16 books in the Lily Series for Grades K - 1. Each full turnkey storybook includes:

1. Step-by-step teaching guide for the lesson
2. An engaging illustrated story
3. Discussion questions and practice
4. Wrap up and activity page



Virtue Connection: Encourages prudence (knowing what's right), and temperance (calming big feelings).

The **step-by-step teaching guide** provides a clear, structured path to confidently deliver each lesson, reducing planning time and supporting consistent implementation.

Summary of Lesson

This lesson introduces students to the five senses—sight, hearing, smell, touch, and taste—through hands-on activities. Using a mystery box with sensory items, students explore each sense by observing, listening, smelling, touching, and tasting. They practice describing their experiences and reflect on how senses help them explore and solve problems, like Lily in the story. The lesson concludes with a fun challenge to use one sense at home and share their discoveries the next day.

Materials

Activity Page #1
Mystery Box/Bag
Sensory Items

Guiding Questions

How can using my five senses help me notice important things around me?
Why is it important to pause and think about what I am feeling?
When might I need to use my five senses to solve a problem or discover something new?

Vocabulary

1. **compass:** a special tool with a pointer that shows you which way to go
2. **emotions:** feelings
3. **labyrinth:** a structure with a single continuous path to its center
4. **presence:** paying attention to right here, right now
5. **senses:** the ways we explore and learn about the world using our eyes, ears, nose, tongue, and skin

Teacher Reflection

I value creating opportunities for students to use their senses to explore and connect with their environment.
How do I ensure that all students have equal opportunities to share and explore their unique observations during sensory activities?
How do I model sensory awareness by describing what I notice and encouraging students to share their own discoveries?

Introduction

(gather the students in a circle and show them the mystery box or bag)

Who here likes to solve mysteries? Today, we're going to use special tools to figure out what's inside this box. Do you know what those tools are? They are our five senses!

(hold up your hand)

We have five senses that help us learn about the world. Let's name them together: seeing, hearing, smelling, touching, and tasting. Can anyone give me an example of how they use one of their senses every day?

(allow sharing)

Let's practice using all our senses to explore some cool things today! Look around the room and what do you see with your eyes?

(allow sharing)

Listen to the sounds in the room. What do you hear?

(allow sharing)

Touch things around you (your clothes, the floor, etc.). What do you feel?

(allow sharing)

Smell the air in the classroom. What do you smell?

(allow sharing)

Imagine tasting your breakfast/lunch. What did you taste?

(allow sharing)

Now that you have sharpened your senses, let's meet our Labyrinth Adventure friends and see what they have to say about all of this!

“ We have five senses that help us learn about the world. ”





Lily's Special Compass

Storybook Preview

The **illustrated storybook** brings each lesson to life through relatable characters and real-world challenges, helping students see how focus and regulation strategies can be used in meaningful ways. By reinforcing the teaching guide through story, it deepens understanding and supports students in applying these skills with confidence and clarity.

Lily's Compass Color Guide



When Lily reaches the center of the labyrinth, she finds Oliver perched on a branch of the wise old apple tree.

"Hi, Oliver! Hi, Tree!" she calls. "Guess what? My compass has been glowing yellow all morning!"

But when Lily reaches for her compass, her smile disappears. "Oh no!" she cries. "My compass is gone!"

Her wings flutter frantically. "How could I lose it? What if it's gone forever?"





Lily's Special Compass

Storybook Preview

The **discussion questions and practice** support teachers in extending the lesson beyond the story, helping students reflect, connect, and apply focus and regulation strategies in real-life situations. With clear prompts and hands-on activities, educators can confidently create opportunities for students to build self-awareness, strengthen attention skills, and practice responding to challenges in a calm and thoughtful way.

Optional Story Discussion Questions

1. How did Lily use her five senses to find her compass, and why was it important for her to pause and breathe before solving her problem?
2. What do the colors on Lily's emotional compass mean, and how can they help her understand her feelings?
3. What did Tree teach Lily about staying calm and using her senses, and how can you use those ideas in your own life when you feel upset or worried?

Practice | The Mystery Box

(Gather together all of the materials and put them in a decorated mystery box of your choice. Choose items for the box that engage different senses. For example, use crinkly paper or a small bell for hearing, a lemon peel for smell, a soft feather for touch, etc.)

Sight: (Hold up an item and let students observe its color and shape.)

What does it look like?

(allow sharing)

Touch: (Pass the item around.)

How does it feel? Is it soft, hard, bumpy, or smooth?

(allow sharing)

Sound: (If it makes noise (like the bell or paper), let them listen.)

What do you hear?

(allow sharing)

Smell: (Carefully let them smell a fragrant item (like the lemon peel).)

What does it smell like?

(allow sharing)

Taste: (Offer a small fruit snack.)

What does it taste like? Is it sweet, sour, or salty?

(allow sharing)

Notes for Teacher

Make sure to bring enough snacks (such as fruit snacks) for the whole class to taste. Ensure that students are not allergic to any of the ingredients in the snacks. If your school district does not allow you to bring in snacks, omit the "taste" part of the activity.

The **wrap up and activity page** helps teachers bring the lesson full circle, reinforcing key concepts while giving students a structured opportunity to reflect, reset, and apply what they've learned. Through simple, guided routines and extension activities, students strengthen their ability to carry focus and regulation strategies into their daily experiences with greater confidence and independence.

Wrap Up

Today we learned how our five senses help us learn and explore. When we use them, we can notice so many amazing things around us!

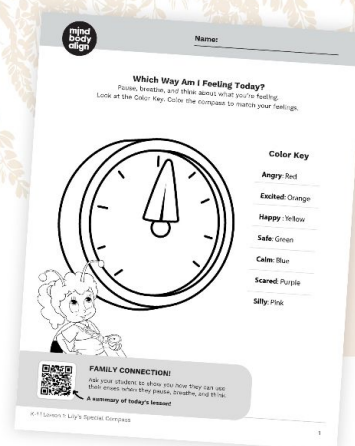
Tonight at home, pick one sense and use it to discover something new. Maybe you'll notice a new smell, a new sound, or a new shape. Tomorrow, you can tell us what you found!

Optional Lesson Discussion Questions

1. Which of your five senses do you think is the most important for solving a mystery like Lily's? Why?
2. When you use your sense of touch, how can you tell if something is soft, hard, or bumpy? Can you find something nearby to describe?
3. If you close your eyes and only listen, what new sounds can you hear that you might not have noticed before?

Assessment

1. Did my students actively participate in using each of their five senses during the activities? Which senses seemed to capture their interest the most, and were any senses harder for them to engage with?
2. Could my students describe their sensory experiences (e.g., colors they saw, textures they felt, or smells they noticed)? Did they demonstrate an understanding of how their senses help them explore and learn?
3. Were my students able to connect the sensory activities to real-world examples? For instance, could they share how they might use their senses to solve a problem or notice something new in their daily lives?



Activity Page

Download the activity page to accompany this lesson by scanning the QR code or visiting mindbodyalign.com/qr/m69p4



Rainbow Breathing Exercise

The **Rainbow Breath Exercise** below is one way we modify our breathing exercise for use in Catholic schools.

What might this look like in your school or classroom?

Virtue Connection: Helps develop temperance, honesty, patience, and courtesy - key virtues emphasized in the Virtues in Practice program.



Follow the Colors of the Rainbow: Each color is a gentle reminder to slow down and connect with your breath and heart.

To begin, bring your arms loosely to your sides. As you breathe, trace the shape of the rainbow with your arms. When you breathe in bring your arms up over your head and when you breathe out bring your arms back to your side.

Red – Breathe In: Breathe in. Slowly bring your arms up over your head.

Orange – Breathe Out: Let go of any worry or frustration. Slowly bring your arms back to your sides.

Yellow – Breathe In: Slowly bring your arms up.

Green – Breathe Out: Send kindness to someone near you. Slowly bring your arms back to your sides.

Blue – Breathe In: Slowly bring your arms up.

Purple – Breathe Out: Let your body relax. Slowly return your arms to your sides.

Now close your eyes if that feels comfortable for you. Take one more deep breath in, and out. Say a quiet prayer of thanks.



SEL Evaluation Checklist

for Catholic School Administrators

This checklist is written to help guide a thoughtful review of social-emotional learning materials in alignment with Catholic teaching, including the theological, cardinal, and heavenly virtues. It is a tool for discerning curriculum alignment with Catholic values.

1. Does the SEL program promote the development of virtue and character?

- Encourages habits that support prudence, justice, fortitude, and temperance (Cardinal Virtues)
- Reinforces the practice of faith, hope, and charity (Theological Virtues) through its tone, examples, and reflection prompts
- Connects personal responsibility and community care, reflecting a Catholic understanding of moral development
- Offers children models of humility, patience, kindness, and diligence (Heavenly Virtues)

2. Does the content reflect respect for the dignity of each person?

- Celebrates the inherent worth of every child as made in the image of God
- Uses inclusive, non-judgmental language while upholding moral clarity
- Encourages compassion, gentleness, and generosity in relationships with others
- Promotes self-awareness and regulation as ways to better serve God and others

3. Is the curriculum supportive of faith-based environments?

- Provides a flexible framework that allows for integration into Catholic theology, prayer, and formation
- Reviewed by multi-faith consultants, including Catholic educators and ministers, to ensure harmony with faith-based values
- Respects the authority of parents and Catholic educators in forming the whole child



SEL Evaluation Checklist

for Catholic School Administrators

4. Does the program align with your school's mission and Catholic identity?

- Encourages students to grow in virtue, alongside emotional expression
- Supports formation of habits that lead to holy friendships, respect for authority, and service to others
- Provides activities and reflection questions that can be adapted to include scripture, prayer, and Catholic social teaching
- Reinforces themes central to Catholic life, such as peace, joy, modesty, and temperance (Fruits of the Holy Spirit)

5. Is this a Practical Fit for Catholic Schools?

- Low-prep and easy for teachers to implement without compromising instructional time
- Can be used in religion class, enrichment blocks, or school-wide virtue programs
- Includes family-friendly tools that support the Church and parent involvement
- Offers room for pastoral connection and deeper classroom discussions rooted in faith

Final Reflection:

Does this SEL program help children feel more confident, aware, loving, thoughtful, virtuous, and Christ-centered?

If yes, you're on the path to an SEL approach that strengthens your Catholic identity while building emotional resilience and focus on your students.



Labyrinth Adventures Storybook Kit Overview

Social & Emotional Learning (SEL) Through Story and Virtue

What is *Labyrinth Adventures*?

A story-based SEL curriculum that teaches focus, emotional regulation, and compassion through engaging characters and Catholic values. Designed for K–3 classrooms, aftercare, enrichment blocks, or whole-child development programs.

What's Included in each (K-1 and 2–3) Storybook Kit?

- 16 fully illustrated storybooks featuring Tia the butterfly & Dwight the grasshopper
- 16 step-by-step lesson plans aligned with Ohio SEL Standards and CASEL Competencies
- Printable tools (rainbow breathing visuals, movement activities, reflection prompts)
- Facilitation guides (no prep required)
- Digital access to story videos, family guides, and downloadable resources
- Classroom-ready activities supporting cross-curricular links (science, math, literacy)

Core focus areas and alignment with Catholic virtues

Based in human dignity and development of the whole child.

Every story and lesson supports:

- Development of the Theological Virtues: *Faith, Hope, Charity*
- Practice of the Cardinal Virtues: *Prudence, Justice, Fortitude, Temperance*
- Growth in the Fruits of the Holy Spirit: *Patience, Kindness, Self-Control, Peace, and more*
- Aligned with the Virtues in Practice program
 - Each story and lesson reinforces monthly virtues through meaningful reflection and everyday application
- Opportunities for reflection, discernment, and virtuous action



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Social & Emotional Learning (SEL) Through Story and Virtue

SEL Focus Areas in Grade K–1:

<u>Focus Area</u>	<u>Lesson Title</u>	<u>Virtue Alignment</u>
Emotional Awareness	<i>Lily's Special Compass</i>	Prudence, Charity, Temperance
Mindful Seeing	<i>Oliver Plays Hide and Seek</i>	Temperance, Courtesy, Respect
Listening Skills	<i>Indigo's Noisy Nest</i>	Justice, Courtesy
Conflict Resolution	<i>Cleo and the Stink Bugs</i>	Patience, Friendship, Forgiveness
Courage & Confidence	<i>Cleo the Brave</i>	Fortitude, Hope, Prudence
Gratitude	<i>Tree's Gratitude Garden</i>	Gratitude, Cheerfulness, Charity



Labyrinth Adventures Storybook Kit Overview

Social & Emotional Learning (SEL) Through Story and Virtue

SEL Focus Areas in Grade 2-3:

<u>Focus Area</u>	<u>Example Lesson</u>	<u>Catholic Value</u>
Mindful Breathing	<i>Tia Catches a Rainbow</i>	Prudence, Temperance
Positive Self-Talk	<i>Dwight's Inner Voice</i>	Hope, Diligence, Respect
Listening & Respect	<i>Listen Up, Tia!</i>	Justice, Humility, Patience
Emotional Regulation	<i>Tia Lets Go</i>	Fortitude, Patience
Friendship & Empathy	<i>Dwight's Little Buddy, Tia Takes Charge</i>	Charity, Friendship, Gratitude



Labyrinth Adventures Storybook Kit Overview

Social & Emotional Learning (SEL) Through Story and Virtue

Standards Alignment & Classroom Validation

- Aligned to Ohio SEL Standards
- Mapped to all five CASEL Competencies
- Prevention-informed: Supports early suicide/violence and drug/alcohol prevention through emotional safety
- Tested in Catholic schools: Used in *St. Peter's Catholic School (Mansfield, OH)* with strong principal and teacher endorsements

Ways Schools Implement the Storybook Kits

- Weekly Religion or Virtue Lesson
- Morning Meeting or Circle Time
- Aftercare or Enrichment Blocks
- Summer Faith or Retreat Programming
- Counselor-Led Small Groups
- Home-School Family Engagement

Funding Options:

- Title IV or ESSER Funds
- Local Catholic Foundations
- Local Charitable Foundations
- Diocesan Innovation Grants
- PTO/Friends Groups

We'd love to help you bring calm, compassion, and connection into every K–3 classroom.



Ready to support the whole child - mind, body, and spirit?



Annamarie Fernyak
Founder & CEO

Schedule a conversation with me to explore the fit for your school.

Learn how schools are already using this solution to create calm classrooms, strengthen attention skills, and support whole child development.



“So many of the students I work with really struggle in this area {active listening}, and I think your lesson clearly showed them the importance of giving their full attention in class so they can better understand the information being taught.” ~ **Behavioral Specialist, St. Peter’s Catholic School, OH**