



Mind Body Align: Labyrinth Adventures Storybook Kits

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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.

History with Schools, Youth Programs, & Communities

Mind Body Align has developed and delivered social-emotional learning (SEL) programs across K–6 grade levels, partnering with educators and community partners to bring research-aligned, practical strategies to children and the adults who support them. Mind Body Align's materials are designed by licensed educators and instructional designers to promote consistent skill-building and language that children can use across environments—including afterschool, summer programming, enrichment programs, and family-based settings.



Program Description — Labyrinth Adventures

Purpose

Labyrinth Adventures is a science-based, story-driven program that helps children in grades K–3 (ages 5–9) develop essential life skills such as emotional regulation, positive self-talk, empathy, compassion, resilience, and thoughtful decision-making. Through colorful characters and engaging lessons, children build emotional vocabulary, strengthen focus, practice calming strategies, and learn how to handle challenges in ways that support positive relationships and a safe, supportive group environment.

The Problems It Helps Youth Programs Solve

Many youth programs today face increasing needs related to behavior, attention, and emotional skills—especially in group environments where children are tired, overstimulated, or adjusting to new routines.

Labyrinth Adventures supports youth-serving organizations by addressing common challenges such as:

- Increasing behavior incidents and peer conflict during program hours
- Difficulty focusing, following directions, and transitioning between activities
- Limited access to age-appropriate SEL and self-regulation resources outside of school
- Inconsistent emotional vocabulary and coping tools among children in a group setting
- Staff and volunteers needing “ready-to-run” tools that build skills without requiring extensive training
- Children experiencing stress, anxiety, or difficulty managing emotions in social environments

Target Audience

Elementary-aged children: PreK–3rd grade (ages 5–9)

Program Fit:

General youth populations

Mixed-age groups and rotating attendance

Supports children with varied learning needs and behavior support needs



Ideal Settings:

- Afterschool programs
- Summer camps and break camps
- Youth clubs and youth development organizations
- Community centers and recreation programs
- School-age childcare / extended day programs
- Children's museum programming and family learning events
- Libraries and community literacy programs
- Homeschool co-ops and enrichment groups
- Faith-based youth programs

Structure & Duration

Each Labyrinth Adventures Storybook Kit includes Sixteen (16) illustrated storybooks, each with a built-in 15–20 minute core lesson that can be delivered weekly, bi-weekly, or as part of a themed series.

Because each session is self-contained, it works well for:

- Consistent weekly groups
- Rotating attendance
- Drop-in youth programming
- Seasonal camp structures and multi-site programs

Who Can Deliver the Program

Labyrinth Adventures is designed to be delivered confidently by adults in youth settings, including:

- Afterschool staff and site coordinators
- Camp counselors and camp directors
- Youth program leaders and mentors
- Museum educators, docents, and family engagement staff
- Childcare providers and school-age program staff
- Librarians and literacy coordinators
- Homeschool enrichment leaders
- Faith-based youth leaders and volunteers
- Certified Mind Body Align facilitators (optional)

No formal teaching experience is required. The lessons are scripted and easy to implement.



What's Included in Each Kit

Each Labyrinth Adventures kit includes both physical materials and digital support so programs can implement immediately:

Physical Materials

- 16 hardcover storybooks with embedded 15–20 minute lessons
- Posters for skill visuals and group reminders
- Practice cards for daily skill-building and review
- Emotional check-in tools and reflection prompts

Digital Access & Program Support

- Access to video storybooks via landing page
- Digital access to program materials and printables
- Downloadable student worksheets and reflection pages
- Optional take-home family support resources
- Email support from the Mind Body Align Education Team

Outcomes & Objectives

After participating in Labyrinth Adventures lessons, children are expected to:

- Identify and label emotions using consistent language
- Use simple self-regulation tools (breathing, movement, reflection)
- Strengthen empathy, kindness, and peer connection
- Build positive internal dialogue and confidence
- Improve focus, transitions, and participation during group activities
- Reduce emotional reactivity and disruptive behaviors during program time
- These outcomes support safer, calmer group environments, stronger youth engagement, and improved program quality.

Alignment with National SEL Competencies

Each lesson supports the five widely-recognized SEL competency areas:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making



Evidence-Based Foundation

Labyrinth Adventures is grounded in research-based practices commonly used across youth development and education settings, including:

- Alignment with CASEL core competencies
- Brain-based and trauma-informed strategies
- Reflective learning practices that build emotional insight
- Emotion regulation strategies (breathing, grounding, mindful observation)
- Positive self-talk and coping skill development
- Designed to support Tier 1 universal skill-building for all children
- Practical for group settings where adults need low-prep implementation

Budget Snapshot

Program Cost: \$495 per kit (16-book kit with full materials + digital access)

- 16 hardcover storybooks
- Posters and visuals
- Practice cards
- Emotional check-in options
- Access to video storybooks
- Digital access to all materials
- Downloadable activity sheets and reflection pages
- Optional family handouts and digital resources
- Email support from the Mind Body Align Education Team

Multi-site pricing and volume purchasing options may be available upon request.

Sustainability After Grant Funding

Labyrinth Adventures is designed for long-term use and repeated implementation across program cycles. After funding ends, the program remains sustainable because:

- The organization retains the complete physical kit
- Digital access to materials remains available for ongoing use
- Lessons can be repeated year after year with new groups
- Skills become embedded in daily routines and program culture
- Materials support consistent language across staff and program sites



Evidence of Impact (Expected Outcomes)

Organizations implementing Labyrinth Adventures can reasonably expect outcomes such as:

- Stronger emotional vocabulary and self-expression
- Improved regulation and problem-solving in peer situations
- Increased empathy, cooperation, and inclusion
- Fewer disruptions during structured learning time
- Improved staff confidence in addressing behavior and emotions
- More “teachable minutes” during program hours due to smoother transitions and fewer escalations

Measurement Tools (Suggested for Youth Programs)

Programs may measure effectiveness using simple, youth-program-friendly methods such as:

- Staff observation checklists (engagement, participation, regulation)
- Brief pre/post discussion prompts for children
- Session reflections or youth voice surveys (smiley scale options)
- Optional incident tracking (conflict, disruption, time-to-calm)
- Optional behavior trend notes (transitions, group cooperation)

Staff Support & Implementation Ease

- Minimal prep and easy facilitation
- Built-in prompts and flexible structure
- Adaptable for large groups, small groups, or rotating attendance
- Supports consistent adult language during emotional moments
- Promotes safe, inclusive, relationship-centered group environments

Family Engagement (Optional Add-On Value)

Labyrinth Adventures supports that through:

- Take-home reflection sheets
- Family Connections landing page
- Suggested family discussion prompts

Community Benefits

Youth programs using Labyrinth Adventures often report benefits such as:

Improved program climate and group cooperation

- Stronger sense of belonging and emotional safety
- Increased youth engagement and participation
- Enhanced program quality and family satisfaction
- Practical tools that support prevention and early intervention for behavior challenges



“ She's even telling me to breathe when I get frustrated!”

— Becky, Parent

Each Storybook Kit Includes:

- 16 Hardback lesson books (include illustrated stories & complete lessons)
- 7 classroom posters
- 5-6 breath practice cards
- 1-2 Interactive games

Digital Access to:

- Activity pages for students
- Family Connections landing page
- Cross curricular activities



Be the hero who brings SEL back to kids in your community.

Order today! | \$495 per kit*

MindBodyAlign.com

Our storybooks work in storytime, afterschool programs, small groups, or homeschool settings.

Each book reinforces literacy skills while building empathy and resilience!

RESULTS THAT SAY IT ALL



Student Outcomes

100% of students said the lessons helped them and they'd recommend it to friends.

Students use what they've learned to calm down during tests, at bedtime, or with peers.



Parent Outcomes

100% of parents reported their children use techniques at home (gratitude, breathing, kindness, self-talk).

Parents observed more kindness, self-regulation, and confidence.



Educator Outcomes

100% of educators plan to continue using the tools

Teachers reported 11–20 more teachable minutes per day after the program.

*Bulk pricing available

Request for Taxpayer
Identification Number and CertificationGo to www.irs.gov/FormW9 for instructions and the latest information.Give form to the
requester. Do not
send to the IRS.**Before you begin.** For guidance related to the purpose of Form W-9, see *Purpose of Form*, below.

Print or type. See <i>Specific Instructions</i> on page 3.	<p>1 Name of entity/individual. An entry is required. (For a sole proprietor or disregarded entity, enter the owner's name on line 1, and enter the business/disregarded entity's name on line 2.)</p> <p>2 Business name/disregarded entity name, if different from above.</p> <p>3a Check the appropriate box for federal tax classification of the entity/individual whose name is entered on line 1. Check only one of the following seven boxes.</p> <p><input type="checkbox"/> Individual/sole proprietor <input type="checkbox"/> C corporation <input type="checkbox"/> S corporation <input type="checkbox"/> Partnership <input type="checkbox"/> Trust/estate</p> <p><input type="checkbox"/> LLC. Enter the tax classification (C = C corporation, S = S corporation, P = Partnership) _____</p> <p>Note: Check the "LLC" box above and, in the entry space, enter the appropriate code (C, S, or P) for the tax classification of the LLC, unless it is a disregarded entity. A disregarded entity should instead check the appropriate box for the tax classification of its owner.</p> <p><input type="checkbox"/> Other (see instructions) _____</p> <p>3b If on line 3a you checked "Partnership" or "Trust/estate," or checked "LLC" and entered "P" as its tax classification, and you are providing this form to a partnership, trust, or estate in which you have an ownership interest, check this box if you have any foreign partners, owners, or beneficiaries. See instructions _____</p> <p>5 Address (number, street, and apt. or suite no.). See instructions.</p> <p>6 City, state, and ZIP code</p> <p>7 List account number(s) here (optional)</p>	<p>4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):</p> <p>Exempt payee code (if any) _____</p> <p>Exemption from Foreign Account Tax Compliance Act (FATCA) reporting code (if any) _____</p> <p>(Applies to accounts maintained outside the United States.)</p>
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Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN*, later.

Note: If the account is in more than one name, see the instructions for line 1. See also *What Name and Number To Give the Requester* for guidelines on whose number to enter.

Social security number					
<input type="text"/>	<input type="text"/>	<input type="text"/> - <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
or					
Employer identification number					
<input type="text"/>	<input type="text"/>	<input type="text"/> - <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
2. I am not subject to backup withholding because (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
3. I am a U.S. citizen or other U.S. person (defined below); and
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and, generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.

Sign Here	Signature of U.S. person	
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Date 11/13/2025

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Future developments. For the latest information about developments related to Form W-9 and its instructions, such as legislation enacted after they were published, go to www.irs.gov/FormW9.

What's New

Line 3a has been modified to clarify how a disregarded entity completes this line. An LLC that is a disregarded entity should check the appropriate box for the tax classification of its owner. Otherwise, it should check the "LLC" box and enter its appropriate tax classification.

New line 3b has been added to this form. A flow-through entity is required to complete this line to indicate that it has direct or indirect foreign partners, owners, or beneficiaries when it provides the Form W-9 to another flow-through entity in which it has an ownership interest. This change is intended to provide a flow-through entity with information regarding the status of its indirect foreign partners, owners, or beneficiaries, so that it can satisfy any applicable reporting requirements. For example, a partnership that has any indirect foreign partners may be required to complete Schedules K-2 and K-3. See the Partnership Instructions for Schedules K-2 and K-3 (Form 1065).

Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS is giving you this form because they