

Dear Teacher,

Like a lotus rising gently from still water, learning unfolds best in a calm, intentional space.

I warmly invite you to use these resources in your classroom to support literacy and reading development, classroom management, and organization. Each lesson plan and activity has been created with care, and you are encouraged to *adapt, adjust, and shape them* to suit the unique needs of your learners and teaching style.

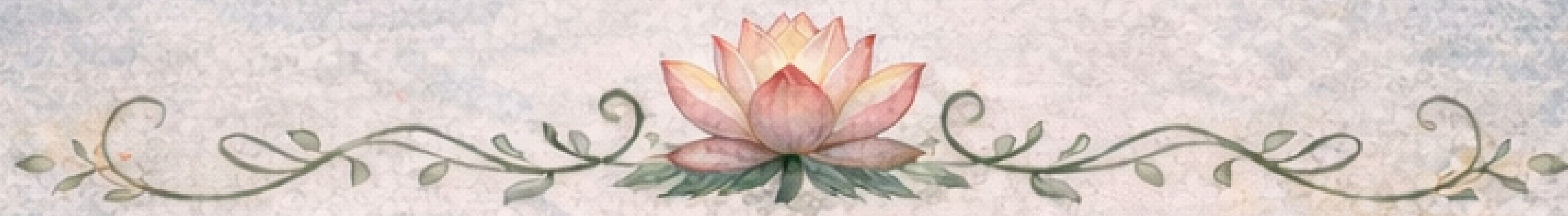
The Gecko Who Learned Yoga was inspired by a dedicated teacher with over 15 years of experience, working with learners from KG2 through Grade 8. The story itself emerged through reflection—both personal and professional—as an author who loves writing about meaningful life lessons, a lifelong educator, and a 500-hour Yoga Teacher who deeply understands the importance of mindfulness, emotional regulation, and literacy in the classroom.

These resources were designed to gently support children in learning not only how to read and write, but how to *pause, breathe, reflect, and grow*—skills that are just as essential as academic success.

Please know that these materials are here to serve you and your classroom. Use what resonates, leave what doesn't, and trust your intuition as a teacher.

Mantra for the Classroom

*I teach with patience.
I guide with compassion.
I nurture both minds and hearts.*



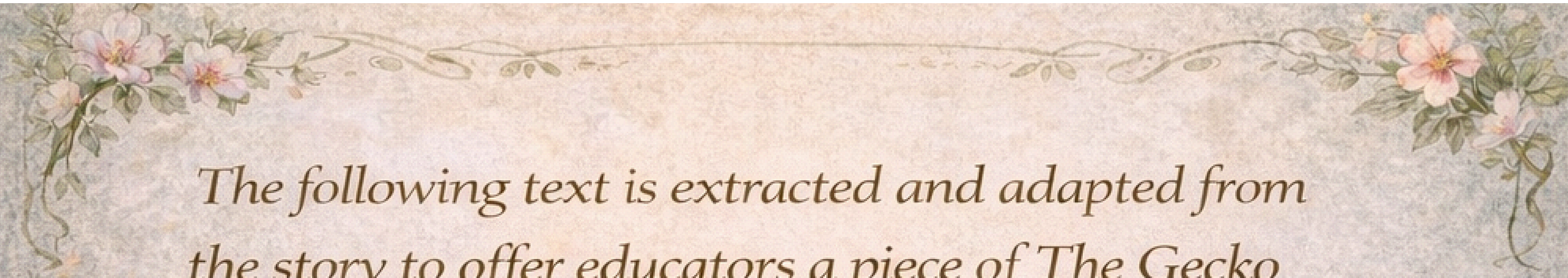
We look forward to adding more resources as our Mindful series continues to grow.

Please visit *Parent Resources* as we believe that there should be a strong partnership between parents, caregivers, and the school system...



Our Blog offers insightful strategies and tools to further supplement the resources.





*The following text is extracted and adapted from
the story to offer educators a piece of The Gecko
Who Learned Yoga Book.*

“Yes,” said Cat, curling her tail proudly.

*“Right here, high above the clouds—where the mountain
touches the sky and the world begins again each morning.”*

Cat paused, gazing out over the horizon, and said gently,

“Every day begins the same way—with a breath and a choice.

*When we stand tall and listen closely, we discover
that learning lives inside us all along.”*



Mantra



I breathe in calm.

I stand with confidence.

Each morning, I begin again.