



PARENT & EDUCATOR SEL FACILITATOR GUIDE

Social-Emotional Learning & Somatic Tools for Home and School



Camryn's Brave Boundary Stop (Spread 6)

THEME 1: BODILY AUTONOMY

Core Concept: "Your Body is a Sacred Temple"

Every child has complete ownership of their body.
No one may touch, push, grab, or crowd them without their permission.

Discussion Prompt for Circle Time:

"When the bikes zoomed too close, Camryn held up her hand and shouted STOP. Have you ever felt someone invaded your personal space? How did it feel?"

Kinesthetic Self-Hug Practice:

Wrap arms around chest: "This is my temple. It's mine!"

THEME 2: LOVING BOUNDARIES ("Saying STOP Isn't Being Mean")

Key Insight: Setting a boundary isn't being mean--it is loving yourself enough to stay safe.

Boundary Roleplay Practice (Classrooms & Siblings):

Scenario A: "Give me that toy right now!"

Safe Response: "No, I am playing with this right now.
You can have a turn when I am done."

Scenario B: A classmate hugs or tickles when you don't want it:

Safe Response: "Please stop. My body needs personal space right now."

The Sacred Temple Golden Stance:

Feet shoulder-width apart, spine tall like a mountain,
open palms facing out. A calm body speaks louder than yelling. Grounded peace protects the whole circle.



Peaceful Victory & Boundaries (Spread 9)

GUIDED CALMING EXERCISES & SCRIPT PRINTS

Access interactive audio breathing tools online at: rootedcreativegroup.com/music-never-stops

Created by Victoria Cortez * All Good Things N More Series



THE 3-BEAT HEART TAP & THE INVISIBLE SHIELD

Somatic Regulation & Deflecting Peer Negativity for Young Children



Mama Demonstrates the 3-Beat Heart Tap (Spread 12)

THEME 3: THE 3-BEAT HEART TAP

Somatic Grounding for Big Emotions:

When young or non-verbal children (like sweet Titus) experience sensory overload, words can't fix it. Physical rhythm calms the nervous system directly.

3-Step Protocol:

- 1 FREEZE FEET: Pause where you stand.
- 2 GENTLE TAP: 3 light taps over the sternum.
- 3 BREATHE: Inhale golden light, exhale noise.

Titus claps and taps along because rhythm heals!

THEME 4: THE INVISIBLE SHIELD ("Mean Words Bounce Off!")

Emotional Resilience Insight:

Mama explains that insults bounce off the Invisible Shield like rubber balls. You cannot bother someone whose heart is full of light!



"SAFE HANDS, SACRED SPACE" BODY PLEDGE



"My body is my sacred space,
a peaceful, strong, and loving place.
Safe hands, kind feet, and ears that hear--
I guard my joy and have no fear!"

(Recite together at morning circle or bedtime)

Classroom Calm Down Corner Tip:

Post this guide in your classroom's calming nook.
Prompt students to practice 3-Beat Heart Tap when transitioning.
It calms sensory over-stimulation and restores focus.



The Golden Shield of Joy (Spread 13)

INTERACTIVE PACER & AUDIO TOOL ONLINE

Scan to practice the 3-Beat Heart Tap with calming soundscapes:

rootedcreativegroup.com/music-never-stops

