

LITTLE GRAIL QUEEN

Educator Study Guide

A Story-Based Emotional Learning Companion
Supporting literacy, reflection, and emotional
resilience in children ages 5–9.



Welcome, Educators

Little Grail Queen blends imaginative storytelling with developmentally appropriate emotional learning tools for early childhood classrooms.

Created by D. Whitney, whose background includes founding a neuroscience-based treatment center focused on emotional resilience and brain health, the series is guided by the 5 Cs framework – a simple, story-driven method that supports whole-child development.

Each story encourages:

- Emotional awareness
 - Calm reflection
- Compassionate thinking
- Creative problem-solving
- Positive classroom connection

This guide provides practical tools that integrate seamlessly into circle time, SEL blocks, or transition moments.

No special training required – just story and presence.



The 5 Cs Framework

☀️ **Courage**

Noticing feelings without fear.

“I can pause before I react.”

♥️ **Compassion**

Practicing kindness toward self and others.

🔍 **Curiosity**

Paying attention to thoughts, sensations, and surroundings.

🎨 **Creativity**

Using imagination as a calming and reflective tool.

🌿 **Connection**

Strengthening belonging and emotional safety.



How to Use This Guide

Simple Classroom Integration

Little Grail Queen works well for:

- Morning circle
- Transition moments
- Calm-down corners
- Small group discussions
- End-of-day reflection

You may read or play the video story first, then use the Avalon Pause worksheet for a 2–3 minute reflection.



The Avalon Pause™

A Gentle Reflection Tool

The Avalon Pause worksheet includes:

1. A Glow Breath
2. A Listening Check-In
3. A 5C Intention
4. A Drawing Space

These activities help children:

- Slow breathing
- Notice body sensations
- Name feelings
- Practice gentle reflection

It is brain-informed storytelling supported by simple classroom tools.



Sample Avalon Pause Script (Teacher Version)

“Place your hand on your heart.

Take a slow breath in.

Imagine warm golden light inside you.

Now breathe out slowly like ripples on a quiet lake.

Let’s take two more breaths together.

Now pause.

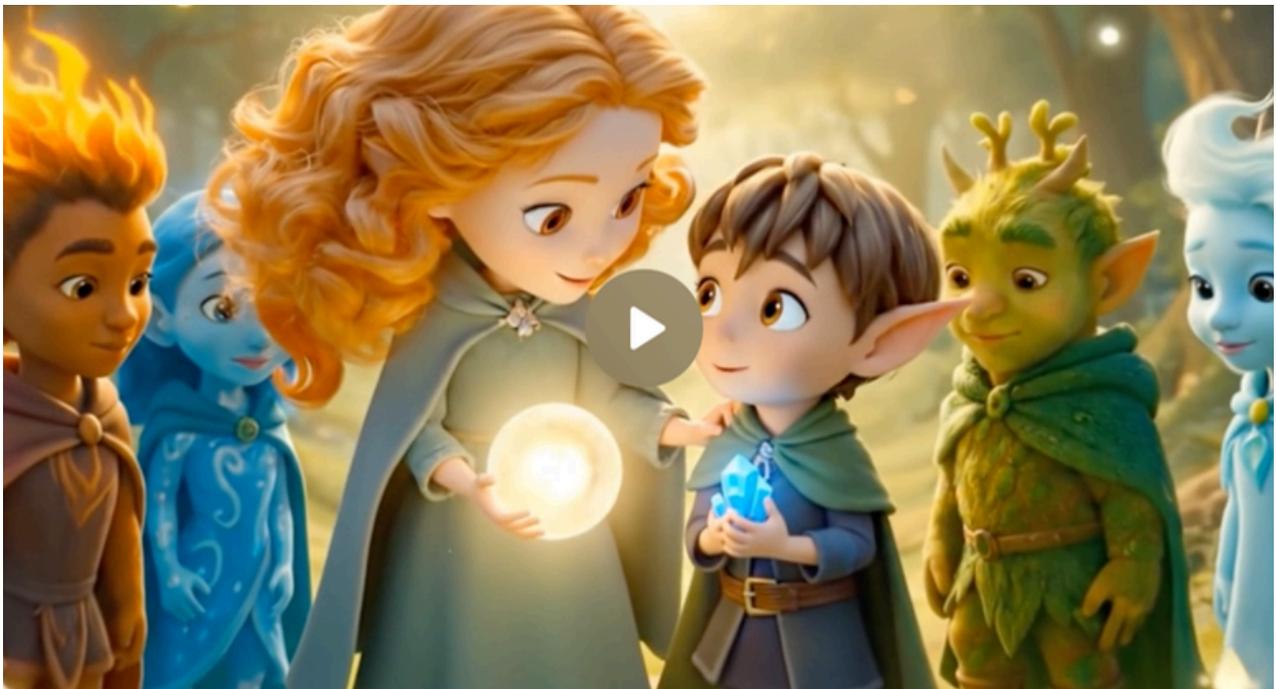
What do you notice inside your body?

Is it calm? Busy? Warm? Wiggly?

There is no wrong answer.

Today, choose one of the 5 Cs you would like to practice.”

It’s short. Easy. Non-clinical.



Printable Avalon Pause Worksheet

The worksheet features a whimsical background with a fairy on the left, a castle on a hill in the middle, and a lake with lily pads at the bottom. The text is in a mix of blue and black fonts, with decorative stars and a heart icon. The layout is clean and child-friendly, with clear sections for different activities.

Avalon Pause
A Quiet Moment After Our Story

Story: _____

★ Glow Breath

Put your hand on your heart.
Breathe in slowly.
Imagine warm golden light inside you.
Breathe out slowly.
Imagine soft ripples on a quiet lake.
Let's take 3 slow breaths together:

👂 What Do I Notice? ★

Right now my body feels:

<input type="checkbox"/> Calm	<input type="checkbox"/> Happy
<input type="checkbox"/> Excited	<input type="checkbox"/> Nervous
<input type="checkbox"/> Wiggly	<input type="checkbox"/> Tired
<input type="checkbox"/> Other: _____	

It is okay to feel any of these.

❤ Today I Will Practice... ★

<input type="checkbox"/> Courage	_____
<input type="checkbox"/> Compassion	_____
<input type="checkbox"/> Curiosity	_____
<input type="checkbox"/> Creativity	_____
<input type="checkbox"/> Connection	_____

★ Draw Your Calm ★

Draw your 'Lake of Knowing' or what calm feels like.

**Thank You for Bringing Little Grail Queen Into
Your Classroom**

Stories inspire.

Reflection strengthens.

For additional resources, visit:

LittleGrailQueen.com

Contact: info@grailqueenentertainment.com

