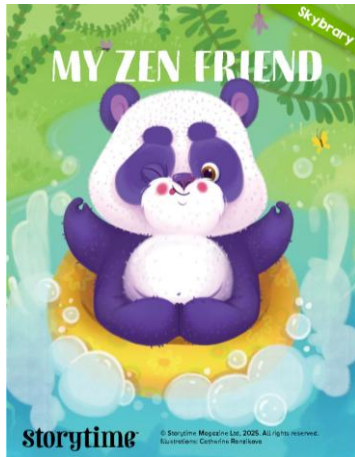




My Zen Friend

Author: Storytime

Illustrator: Catherine Ranzikova

Themes: Friendship, Calmness, Teamwork

Book Brief: Kim and his panda friend learn that staying calm and working together helps them overcome obstacles on their adventures!

READ ALOUD

Before Reading: Build Background

- Ask, "Have you ever had a problem or challenge with a friend? How did you work together to solve it?"
- Explain to your child that this story is about Kim and his panda friend who go on an adventure and must stay calm when something unexpected happens.

While Reading: Make Connections

- What kind of adventure are Kim and his panda friend having? What do they enjoy doing together?
- What unexpected thing happens? How do Kim and his friend react?
- Describe how Kim and the panda solve their problem. What do they do to help each other?

After Reading: Ask Questions

- Ask, Ask, "How did staying calm and working together help Kim and his panda friend? What does this story teach us about teamwork?"

RELATED ACTIVITIES

If your child enjoyed this book:

- Create an "Obstacle Course Challenge." Set up a simple obstacle course at home (using pillows, furniture, or tape lines) and work through it together. Practice staying calm if something is tricky and help each other complete it, just like Kim and his panda friend worked together.
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