



My Zen Friend

READ ALOUD GUIDE

Themes: Friendship, Calmness, Teamwork

Book Brief: A peaceful story about Kim and his panda friend, who learn that staying calm and working together helps them overcome obstacles on their adventures!

Author:
Storytime

Illustrator:
Catherine Ranzikova

BEFORE READING

The Cover: Ask students to make a prediction about the story based on the cover and title.

The Pictures: Take a quick picture walk and ask students what they notice about the illustrations.

Prior Knowledge: Ask, “When something goes wrong or you face a problem, how do you feel? What helps you stay calm?” (Optional: Think-Pair-Share)

Vocabulary: Frontload Tier 2 words using the accompanying [Vocabulary Guide](#).

Purpose for Reading: “As we read, think about who is in the story, where they are, and what happens to them.”



Think Aloud: “I’m noticing the characters are Kim and Echo and the setting is on an adventure outdoors. These are main parts of the story. I wonder what important events will happen on their adventure.”

DURING READING

Check for understanding & make connections:

- Who are the characters in this story?
- Where are Kim and his panda friend going?
- What problem happens on their adventure?
- How do Kim and the panda solve the problem?

AFTER READING

Our Purpose: “Who were the characters in the story? What important events took place?”

Extending Our Thinking: Ask students, “How did it feel when Kim and the panda stayed calm?” Connect the friends’ calm approach to how we can learn calming strategies to help ourselves when we’re upset, worried, or frustrated. Search for and play a short mindfulness or calming video for kids (like guided breathing exercises, peaceful visualizations, or simple yoga for children). Practice the calming techniques together as a class, then discuss how students felt and when they might use these strategies in their own lives.

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- Explore 100 other free eBooks on Skybrary! Visit www.Skybrary.org to learn more.
- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more about the topic by reading other books with similar themes, structure, characters, or content.