01 / A complete little story

Follow the glow

For ages 3-7, read together with a grown-up



A short, self-contained adaptation of Glowroot Run, Episode 1.

Mira and Yetix followed a soft purple glow through the forest.

“Let’s see where it goes,” said Mira.

A root lay across the path. Mira stepped over it. Yetix followed.

Ahead, a low branch made a little gate. “Duck with me,” said Yetix. They bent their knees and passed underneath.

Then the ground rumbled. A mossy stone rolled towards them.

“Stop. Look. Step aside!” called Mira.

The friends took one careful step to the right. The stone rolled past.

Beyond the gate was a sunny clearing, dotted with glowing crystals.

“We found it!” said Yetix.

Mira smiled. “We watched, we waited, and we helped each other.”

They sat beside the tree and enjoyed the light. “Side by side,” said Mira. “Together,” said Yetix.

The end.

02 / One parent-led activity

Follow the leader

2-3 minutes. No screen or equipment needed.

Choose a clear, level space and stay beside your child. Model small, comfortable moves. Do not put real obstacles in the way.

1

Show three gentle moves

One step on the spot, a small knee bend, then one small step sideways. A seated child can point with their hands instead.

2

Retell and play slowly

Say “root!” for a step on the spot, “branch!” for a small knee bend, and “stone!” for a side step. Pause between cues.

3

Let your child lead

Repeat once if your child wants to. Let them choose the cue while you copy, then rest and ask: “How did the friends help each other?”

Skip or adapt any move. Stop if your child is tired or uncomfortable. Jumping, punching and kicking are not required.

Get the complete Episode 1 free

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