FOR TEACHERS, COUNSELLORS AND THERAPISTS

Gede in the classroom

Gede the Gecko — Discovering the Magic Within. A read-along story about feelings and values by Nina Hinterschitt & Mariano Gonzalez.

Seventeen short sections, each mapped to one of the five widely used SEL competencies, with an age band, a discussion question and one short body-based practice. Read on screen, listen to the narration, or print a chapter.

Free classroom licence. Teachers, school counsellors and child therapists may read the story aloud to a group, print the feelings chart, and use the questions and practices in this handout with students, at no cost and without asking permission. Please keep the authors' names on printed material. Selling or repackaging the text is not permitted.

How a 35-minute session fits together

10 MINUTES	15 MINUTES	10 MINUTES
Check-in	**One chapter**	**Question + practice**
Open the feelings chart, let each child point at a row, read the "it sounds like" line aloud.	Read or play the narration for a single chapter. Most run 5–8 minutes read aloud.	Ask the chapter's discussion question, then do the short practice standing in a circle.

Age bands

4–6 (read aloud)	Children listen and look at the pictures. Keep to one chapter, one question, one practice.
7–9 (read along)	Children follow the words while the narration plays, and can answer in full sentences.
4–9	Works with a mixed group; the younger ones answer with a gesture instead of words.

The five competencies, in this story

Self-awareness	Naming a feeling before it takes over.
Self-management	Breath, stillness and movement as regulation tools.
Social awareness	Noticing that others carry something too.
Relationship skills	Asking, saying no, repairing, staying close.
Responsible decision-making	Choosing slowly, and knowing why.

Chapter-by-chapter map

Competency, age band, one question to ask, one practice to try together.

Chapter	Competency	Ages	Ask them	Try together
INTRO **Before We Begin** Why this story exists	Self-awareness	4–9	What is one feeling you had today that nobody knew about?	Three slow breaths together before the first page.
CHAPTER 1 **Gede the Gecko** Feeling small	Self-awareness	4–6	When do you feel small? What makes you feel bigger again?	Stand tall, stretch up high, then shake it all out.
CHAPTER 2 **The Golden-Eyed Guardian** Being seen	Social awareness	4–6	Who really sees you? How do you know?	Look at each other for five seconds without talking.
CHAPTER 3 **A New Friend** Friendship	Relationship skills	4–6	What makes someone a good friend to you?	Practise one friendly opening line out loud.
CHAPTER 4 **Putri** Courage in connection	Relationship skills	7–9	When has caring about someone made you braver?	Breathe in for four, out for six, three times.
CHAPTER 5 **Gede's Secret** Honesty	Self-awareness	7–9	What is hard to say out loud, and who is safe to say it to?	Whisper it to a toy first, then to a grown-up.
CHAPTER 6 **The Dance of Trust** Trust	Responsible decision-making	7–9	What helps you trust that something will be okay?	Name one thing that has held you before.
CHAPTER 7 **Finding His Voice** Speaking up	Self-management	7–9	When did your words get stuck? What helped them come out?	Hum one long note together, hand on the chest.
CHAPTER 8 **Standing Strong** Boundaries	Relationship skills	7–9	What is something you are allowed to say no to?	Push palms against a wall for ten seconds, then release.
CHAPTER 9 **The Courage to Play** Joy	Self-awareness	4–6	What makes you feel light and silly inside?	Ten seconds of the silliest movement you can make.
CHAPTER 10 **The Strength in Patience** Patience	Self-management	4–9	What is something you had to wait for that was worth it?	Count ten slow breaths while watching something move.

Chapter	Competency	Ages	Ask them	Try together
CHAPTER 11 **The Courage to Change** Change	Self-management	7–9	What has changed for you lately? What stayed the same?	Shake out the old skin: wiggle everything for a count of ten.
CHAPTER 12 **The Gift of Stillness** Stillness	Self-management	4–9	Where is your quiet place, inside or outside?	One minute of stillness with both hands on the belly.
CHAPTER 13 **Inner Light** Self-worth	Self-awareness	4–9	What is one thing that is good about you, always?	Say it out loud to yourself, then to the person beside you.
CHAPTER 14 **Moving Slow with Wisdom** Wisdom	Responsible decision-making	7–9	When is it better to go slowly?	Walk one slow elephant lap around the room.
CHAPTER 15 **The Rain** Release	Self-management	7–9	What do you do with big feelings when they come?	Let the arms fall like rain, ten times, with a sigh out.
CHAPTER 16 **Coming Home** Integration	Social awareness	4–9	What makes a place, or a person, feel like home?	Hand on heart: “I am home in here.”

Full text, narrated audio, printable chapters and the free feelings chart: gede-emotions-explorer.lovable.app