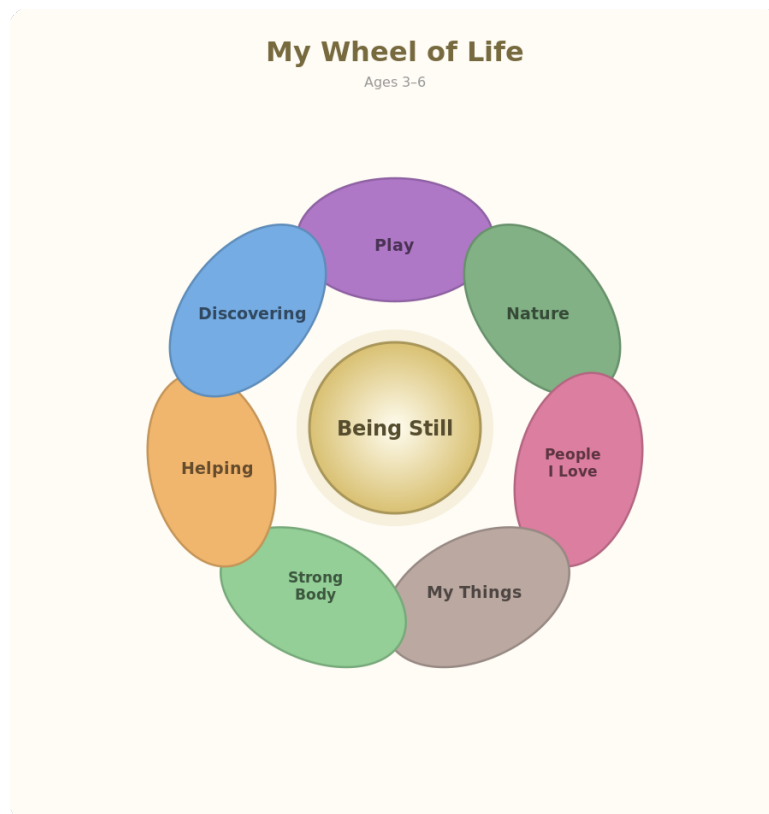


The Wheel of Life

Seedlings Edition — Ages 3–6



A guide for parents and young children

Based on the Wheel of Harmony — Integral Harmony System

For Parents & Educators

Children between three and six learn through rhythm, repetition, story, and embodied experience. Introducing the Wheel at this stage is not about teaching a philosophical framework. It is about planting the pattern — seven kinds of goodness that a young child already experiences.

You are not teaching the Integral Harmony System. A five-year-old who can sit still for thirty seconds and notice how it feels has more Presence than most adults who can define it.

How to Use the Seedlings Wheel

Daily check-in: At bedtime, point to the flower and ask: "What kind of goodness did you have today?" Did they play outside? Help someone? Move their body? Be quiet for a moment? The goal is noticing, not scoring.

Weekly rhythm: Each day can loosely correspond to a petal. Monday might emphasize Strong Body, Tuesday Nature, Wednesday Discovering. The child absorbs the pattern without needing to articulate it.

Storytelling frame: Name what characters are doing in Wheel terms: "The bear is helping his friend — that's the Helping petal." This builds categories through narrative.

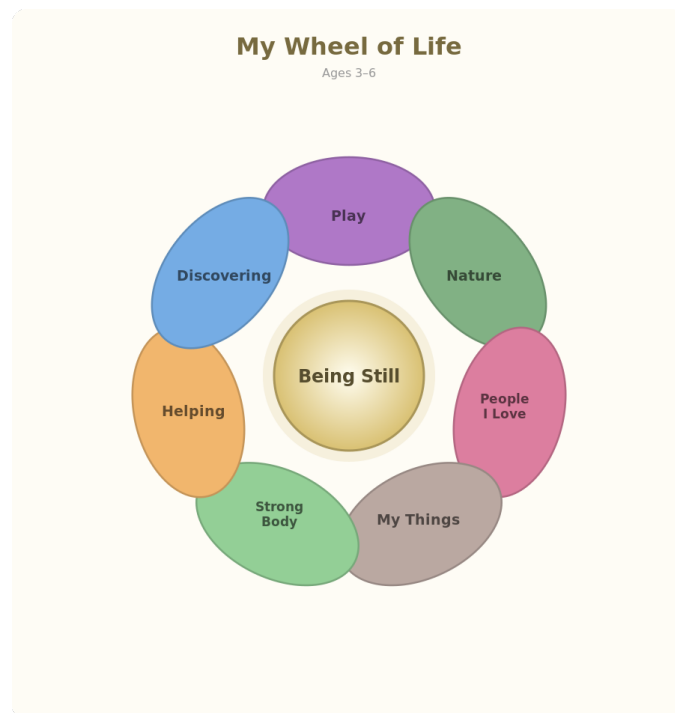
Physical object: Print the flower wheel, laminate it, put it on the wall. Let the child color it. The more senses the Wheel enters through, the deeper it roots.

What Each Petal Means

Petal	Covers
Being Still	Quiet moments, breathing, noticing feelings
Strong Body	Sleep, food, water, movement, hygiene
My Things	Home, clothes, toys, taking care of belongings
Helping	Chores, kindness, sharing, contributing
People I Love	Family, friends, grandparents, communication
Discovering	Questions, stories, making things, language
Nature	Outdoors, plants, animals, water, sky, seasons
Play	Music, art, stories, sports, games, adventures

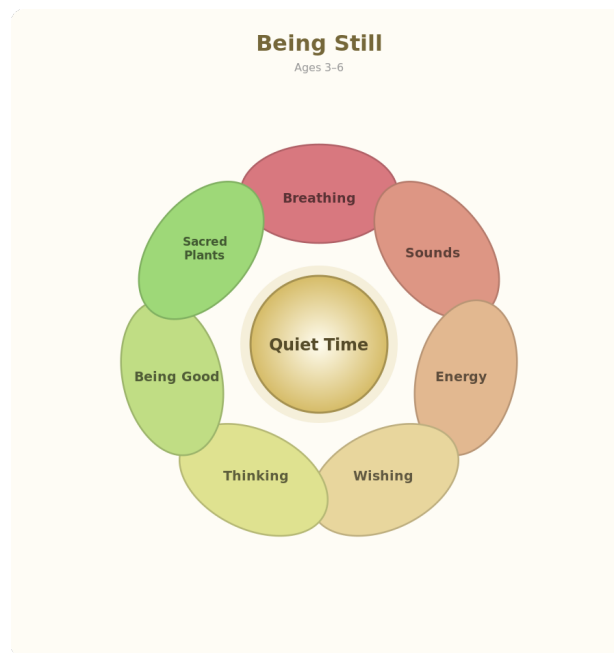
The Sub-Wheels — Your Diagnostic Tool

Here is the main Wheel of Life — the flower your child will see:



Each petal has its own little wheel with seven parts. You do not need to teach these to the child. They exist so that you can diagnose what is missing. If your child's "Strong Body" petal feels weak, the Health sub-wheel tells you where to look.

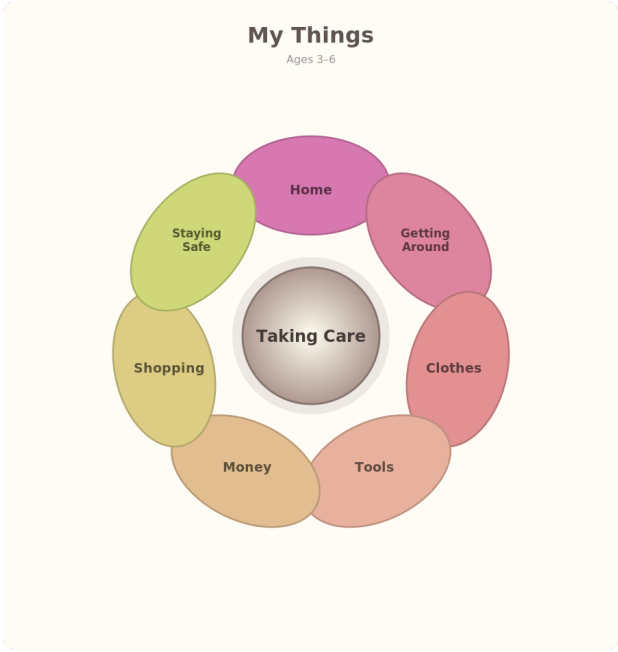
Being Still (Presence → Meditation)



Strong Body (Health → Monitor)



My Things (Matter → Stewardship)



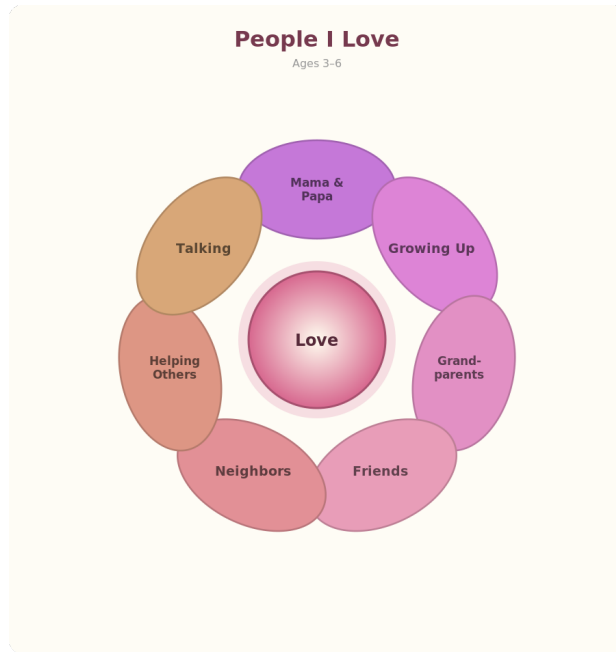
Helping (Service → Dharma)

Helping

Ages 3-6



People I Love (Relationships → Love)



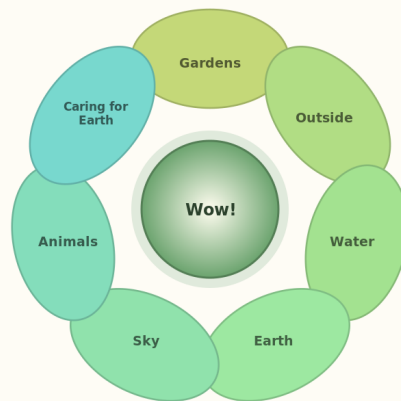
Discovering (Learning → Wisdom)



Nature (Nature → Reverence)

Nature

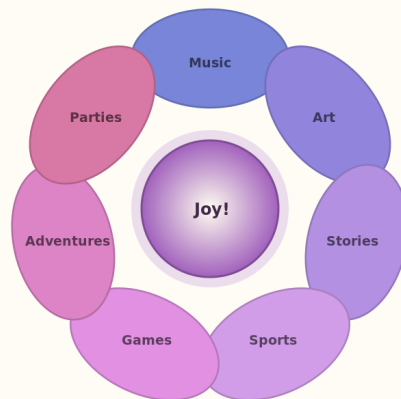
Ages 3-6



Play (Recreation → Joy)

Play!

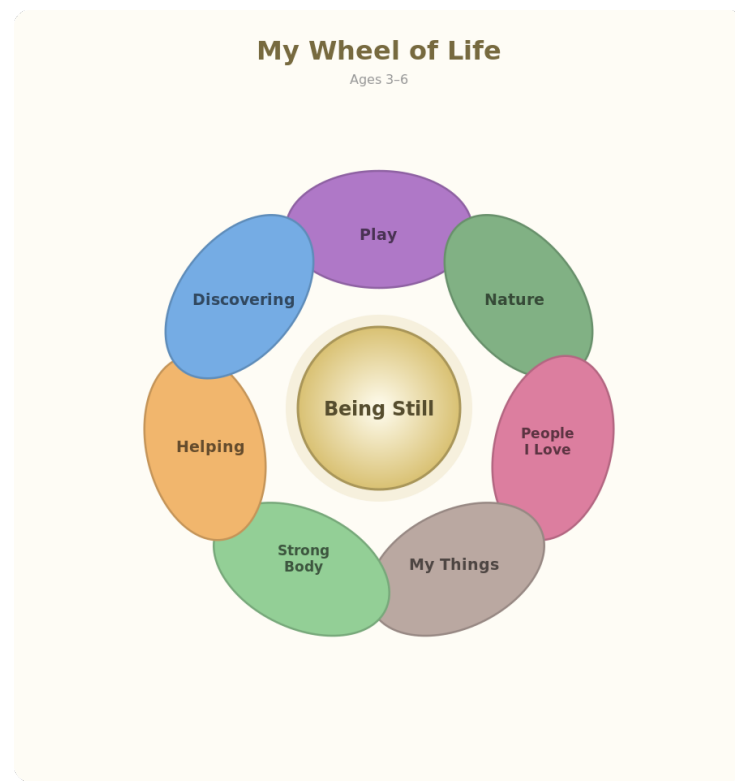
Ages 3-6



For the Child

Your Wheel of Life

You know how a flower has petals? Your life is like a flower too. It has seven petals, and each petal is a different kind of goodness.



Being Still — Sometimes you close your eyes, breathe slowly, and just listen. That quiet feeling inside is the center of your flower.

Strong Body — Sleeping well, drinking water, eating good food, running and climbing. Your body is your home.

My Things — Your room, your clothes, your favorite cup. Taking care of what you have is a way of saying thank you.

Helping — When you set the table, share your snack, or comfort a sad friend, you are using the Helping petal.

People I Love — Mama, Papa, brothers, sisters, grandparents, friends. Being kind to them makes this petal glow.

Discovering — Asking "why?", reading books, making things, figuring out how something works. Your mind loves to discover.

Nature — Trees, birds, water, dirt, sky. The world outside is alive and it is your friend.

Play — Music, drawing, stories, sports, games, dancing. Playing is one of the most important things you do.

The Secret of the Flower

Every petal needs sunlight. If you only play but never rest, you get tired. If you only stay inside but never go out, you miss the trees. The secret is: a little of everything, every day. That is how the flower grows.

Part of the Integral Harmony System — integralharmonysystem.com