

What Is the Everlyn Code?

A simple family guide to the rhythms woven through the story.

In Everlyn: Rising Tide, the Everlyn Code points back to daily rhythms that help people feel awake, connected, and whole. The Junior Edition explores these ideas through story, not lectures.

Move

Use your body. Walk, stretch, play, build, explore.

Nourish

Choose food that helps you grow, think, and feel strong.

Breathe

Slow down, notice your feelings, and make room for calm.

Rest

Sleep, pause, and remember that not every problem is solved by rushing.

Connect

Share the table, make room for others, and practice belonging.

Wonder with Purpose

Stay curious. Ask questions. Learn, create, and look for what matters.

Try This as a Family

Choose one rhythm to focus on this week. At the end of the week, talk about what changed when your family paid closer attention to it.

These ideas are offered as enrichment and conversation starters, not medical or educational advice.