2026-2027

All About

HOW TO BE A KID™

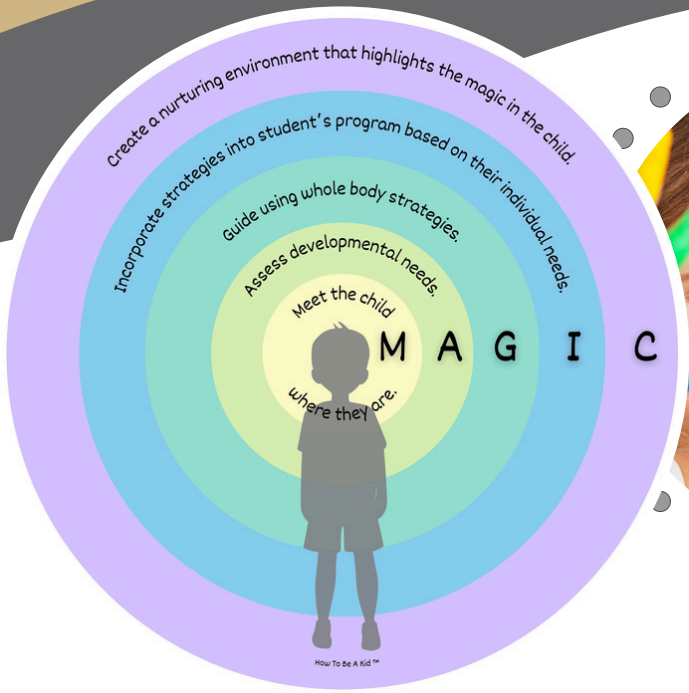
Prepared by Dr. Crystal T. Miller

ABOUT HOW TO BE A KID™

The How To Be A Kid™ program is a whole child, kid-centric approach to learning that teaches kids the way that kids learn. All facets are aligned with child development, strongly rooted in neuroscience, and can be seamlessly integrated into ANY curriculum. The How To Be A Kid™ approach looks to the root, developmental challenges that cause the "symptoms" that we are seeing in our children—behavioral issues, focus challenges, academic struggles, etc.

How To Be A Kid™ was thoughtfully designed to empower educators and school leaders by deepening their understanding of child development and introducing strategic, intentional practices rooted in sound neuroscience into the learning process. These approaches enhance participation, attention, retention, and comprehension. Today, we know that the more active the body is in learning, the more meaningful connections the brain makes to content. By using tools such as the M.A.G.I.C. Model, we are taking back education—and helping our kids and schools take powerful steps forward.

"The fact is that given the challenges we face education doesn't need to be reformed— it needs to be transformed."
—Sir Ken Robinson



THE M.A.G.I.C. MODEL

The M.A.G.I.C Model was created as an acronym to guide adults in supporting each child's unique gifts. It is a reminder to celebrate each child's unique **Kid Magic**—that special part of each child that is made up of their passions and unique talents—while simultaneously creating a model or a tool for helping them succeed in their educational environments. It is as much a tool for kids as it is for educators and the district as a whole.

- **M**eet the child where they are.
- **A**ssess developmental needs.
- **G**uide using whole-body developmentally-aligned strategies.
- **I**ncorporate strategies into child's program (or MTSS).
- **C**reate a nurturing environment that highlights the magic in each child.

"See the child before you, not the one in your mind."
—Dr. Crystal T. Miller

PROFESSIONAL DEVELOPMENT 2026-2027

Individual Workshops

Keynotes, full day, and half day workshops on a variety of training area that can be customized the needs of your team. Examples include:

The M.A.G.I.C. Model
Movement/Outdoor Learning & Mental Health
Counteracting Effects of Screentime
Pay Attention: The Science Behind Attention
Calmversations: the Science of Self Regulation
Know YOU to help THEM
Movement Enhanced Learning

The P.L.A.N.

Pedagogy for Learning Aligned with Neurodevelopment

Three tier staff training model that involves annual training to educate staff and work toward district-wide implementation.

Tier 1 is a 2 day entry level training
Tier 2 is a half day follow up to Tier 1
Tier 3 is a quarterly or trimesterly professional development for all who have completed Tier 1 & 2, followed by a selective 1-on-1 consultation program designed to solidify knowledge and enhance implementation.

Consultation days are also scheduled with school leaders and mental health staff to incorporate district-wide objectives and sync MTSS models and systems accordingly.

Customized Workshops and Consultation

Full day and half day workshops on a variety of training area that can be customized the needs of the team. Consultation with team leaders, mental health team, and MTSS decision-makers.

BENEFITS FOR TEACHERS

"But we have missed a most fundamental and mysterious aspect of the mind: learning, thought, creativity and intelligence are not processes of the brain alone, but of the WHOLE body."
-Carla Hannaford, PH.D.

- Evidence-based information provided to deepen the breadth of understanding of our kids.
- Strategies on how to work with (not against) the challenges that arise from working with kids, including behavior, focus, and academics.
- A better understanding of what is neurodevelopmentally appropriate learning and growth as well as the tools for how to use that to improve the quality of teaching for the individual and overall classroom environment.
- Insights into finding ways to individualize learning in ways that make it easier and more fun for students and teachers.
- Throughout this professional development, there is a focus on participation and collaboration, which results in a noticeable culture shift amongst attendees and has been observed district-wide in classrooms and throughout the hallways.

"Dr. Miller's philosophy pushes educators. Not to just think outside the box, but to not see a box at all. She guides educators on a journey of the connection between brain science and classroom practices, something no fully addressed in teacher preparation programs. The How To Be A Kid™ framework is the epitome of what education should be: child-centered and empowering for the adults that surround them."
—E.M. - Assistant Principal, Teacher, Lifelong Learner

KID MAGIC UNLOCKED

A GROWN-UP'S GUIDE FOR RE-IMAGINING EDUCATION TO CULTIVATE THE LIMITLESS POTENTIAL OF EVERY CHILD

"Kid Magic Unlocked is a must-read for every educator and caregiver! It brilliantly connects neuroscience with everyday practice, helping adults truly understand and support the way children learn, move, and grow. It reminds us that to reach children, we must first understand the remarkable brains and bodies behind their behaviors. It's a compassionate, science-based guide that helps adults see kids not as small adults, but as developing humans full of potential. Kid Magic Unlocked is smart, engaging, and full of practical takeaways for anyone who works with children."
—A.D. - Grade School Teacher

Every child is filled with their own kind of Kid Magic—and when we nurture their nature, we unlock their greatest potential. In her new book, **Kid Magic Unlocked**, Dr. Crystal T. Miller gives teachers, school leaders, and parents a fresh new approach to understand childhood development and how it aligns with education.

Grounded in neuroscience, movement, and human connection, this book introduces the **M.A.G.I.C. Model**, a framework designed to help you respond to kids with clarity, confidence, and compassion.

Inside, you will learn how to:

- Recognize how brain development impacts learning, behavioral, and emotions.
- Re-imagine education to align with how children are naturally wired to learn.
- Strengthen human connection as the foundation for growth and resilience.

MEET DR. CRYSTAL T. MILLER

The founder of How To Be A Kid ™, Dr. Crystal T. Miller, has been practicing as a Doctor of Physical Therapy for almost 20 years and is an expert in human movement. She has worked across more than a dozen districts, children's hospitals, and rehabilitation settings, as well as with Broadway performers, professional athletes, and dancers—both in the US and overseas. Much of her expertise lies in making the body and mind central to the human experience, and she brings this perspective to education through her program and her book, Kid Magic Unlocked.

Dr. Miller is a mom, author, lifelong learner, and speaker who runs professional development workshops for teachers and parents, equipping them with strategies to integrate move ent, sensory experiences, and emotional connection into the education setting in ways that align with child development. She has served on the district Social Emotional Learning committee and district Safety Committee, collaborated with school districts to develop whole-child approaches to learning, and is part of an international group dedicated to world-wide education reform. Most importantly, she is the mom of 3 incredible boys, who are her whole world.

THANK YOU.

"Dr. Miller's **How To Be A Kid™** program provides faculty and staff with an overview of how whole body, multi-sensory methods and principles of neurodevelopment can be easily applied to daily instruction to positively impact student learning. Dr. Miller's professional development sessions are well organized and interactive. Faculty and staff participants have reported that they found the sessions to be of great value. They found the strategies gleaned during the workshops to be easily transferrable into their instructional delivery. Additionally, Dr. Miller has a deft approach when working with students and her workshops can be tailored to address the developmental needs of the targeted student audience. Overall, Dr. Miller is a knowledgeable resource who is impassioned about empowering students. Her professional, friendly, responsive and supportive approach fosters staff "buy in" resulting in a highly collaborative professional learning experience for participants."

-CM - Superintendent of Babylon UFSD

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