



WellnessForge
Meet the Cast
ADVANCED EDITION

Spark & Anvil

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This advanced edition collects 5 chapter books from the Wellnessforge cast — each character embodies a different curricular primitive; together they teach the full subject.

Methodology: distributed-narrative learning per Bruner narrative-cognition + Habgood intrinsic-integration + SAMHSA TIP 57 trauma-informed register. Advanced edition: upper-middle-grade register (Wonder / Hatchet / Holes band) for readers ages 11-14 ready for longer sentences + more nuanced subtext.

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For everyone who learns by reading between the lines.

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Introduction

The Wellnessforge cast was authored to embody the curriculum, not decorate around it. Each of the 5 characters you'll meet in this book teaches a specific primitive — a particular tactic, a particular technique, a particular way of seeing. Together they form an ensemble: the cast IS the curriculum.

Read in any order. Each chapter stands alone.

Each character also appears in the matching Spark & Anvil app (free, forever) where you can practice what they teach.

This is the **Advanced Edition** — written for readers who are ready for longer sentences, layered subtext, and the trust that comes with not having every joke explained. The Standard Edition covers the same characters at a lighter register; pick whichever feels right for the reader at hand.

— *The editors at Spark & Anvil*

About Spark & Anvil

Wellnessforge is one of 140 educational iOS apps from Spark & Anvil — a 501(c)(3) public charity making free, ad-free, tracking-free learning apps for ages 9-14.

Every app uses distributed-narrative methodology: named recurring characters embody curricular concepts. The cast you just met appears in the matching app, in mentor scaffolding, in puzzle solutions, in celebration moments. Reading the chapters first means meeting old friends when you open the app.

Visit **spark-and-anvil.com** to download apps, browse the full portfolio, or [donate](#) to support the work.