Breathe, Feel, Grow – Luma's Corner

# 🦋 Meet Luma the Butterfly

Once upon a time, in a quiet garden full of soft light and colorful flowers, there lived a little butterfly named Luma.

Luma wasn’t just any butterfly. Her wings shimmered with every color of the rainbow, and they glowed a little brighter whenever someone shared a feeling out loud—happy, sad, silly, or scared.

You see, Luma had a very special gift: She could feel all kinds of feelings—and she never thought any of them were bad or wrong.

Some days, Luma felt excited and zipped through the sky. Other days, she felt nervous and needed to sit very still on her favorite leaf. And sometimes, she just didn’t know what she felt at all—and that was okay too.

Whenever her friends had big feelings, Luma would flutter close and whisper: “It’s okay to feel that way. Want to talk about it together?”

She’d listen with her whole heart. She never rushed, never judged, and always made space for quiet. And when her friends felt ready, Luma would guide them to breathe in slowly… and breathe out gently… like wings moving in the wind.

Now, Luma wants to be your friend too.

She’s here to help you name your feelings, draw them, talk about them, or even just sit with them for a little while. You can take your time. There’s no rush.

Luma says: “Your feelings are like the sky—they can change, and that’s okay. I’ll be here with you, no matter what kind of day it is.”

# 🎨 Draw How You Feel Today

Take a deep breath, close your eyes, and think about how you're feeling today.

Use the space below to draw what your feelings look like. They can be shapes, colors, or anything you like!

# 🌬️ Breathe with Luma

Let’s take a calm breath together.

🦋 Imagine Luma’s wings opening wide as you breathe in…
🦋 And gently closing as you breathe out…

Trace your finger along the butterfly’s wings as you breathe:
Inhale… 1… 2… 3…
Exhale… 1… 2… 3…

Repeat this gentle breath 3 times.

You can come back to this page any time you need a moment of calm.

# 😊 How Are You Feeling Today?

Take a look at these feelings. Circle the one that matches how you feel right now. You can choose more than one!

😀 Happy 😢 Sad 😠 Angry 😟 Worried 😴 Tired 🤩 Excited 😶 Not sure

Can you draw or write what made you feel this way?

# 📝 Luma’s Reflection Questions

1. What was the best part of your day?

2. What is something that made you feel big feelings?

3. What helps you feel safe when you’re upset?

4. Who do you like to talk to when you're feeling something really big?

You can write, draw, or just think about your answers!

# 💪 Luma’s Brave Moments

Think about a time today or this week when you were really brave.

Maybe you spoke up, asked for help, or shared your feelings.

Finish these sentences or draw a picture:

- Today I was brave when...

- I stood up for myself when...

- I said how I felt about...

# 🌸 Luma’s Quiet Space

Let’s create a quiet, safe space in your mind.

Where do you feel calm? What does it look like? What sounds do you hear?

Draw or write your special quiet place below.

You can also list things that help you feel calm:

- Listening to music
- Taking deep breaths
- Hugging a soft toy
- Sitting quietly
- Drawing