

## **Root & Rise: Family Circle Pack (with Luma)**

Welcome to your Root & Rise Family Circle - a playful and supportive space for children, caregivers, and families to connect through emotional awareness and creativity.

This pack is a soft, gentle guide for slowing down and checking in together. Inside, you'll find child-friendly activities and prompts to help open conversations and nurture emotional intelligence.

What's Inside:

- Meet Luma the Butterfly - A warm introduction to emotions and safe spaces.
- Family Feelings Check-In - Explore how everyone is feeling in simple ways.
- Breathing and Drawing Pages - Calm your mind and express yourself creatively.
- Brave Moment Activity - Celebrate emotional courage and growth.
- Reflection Space - Talk together about how you're feeling and growing.
- Certificate of Completion - A moment to honor each child's journey.

This space is here to remind you: big feelings are normal, connection is powerful, and healing happens together.

With love,

Vim

The Butterfly Room: Root & Rise Collective