

# Root & Rise: Family Circle Pack with Luma

Welcome to the Root & Rise: Family Circle

This gentle space was created to help families grow stronger together-one breath, one feeling, one moment at a time.

Whats Inside:

- A warm welcome from Luma the Butterfly
- A playful introduction to emotional awareness for children
- Interactive storytelling prompts
- Drawing and reflection activities for families
- Calm-down tools and breathing space
- Certificate of completion for kids

Purpose:

To nurture emotional connection, resilience, and open communication between parents, guardians, and children.

Who Its For:

This pack is for parents, caregivers, and children exploring emotional intelligence, self-expression, and gentle reflection together.

Begin your journey:

- Start with "Meet Luma" a friendly guide to feelings

- Use the breathing space together with your child
- Pause, feel, and reflect-together

"You are not alone in big feelings. This is your soft place to land. This is where growing begins."

With care,

Vim

The Butterfly Room: Root & Rise Collective