

LUMI FOR EVERY CAPTAIN

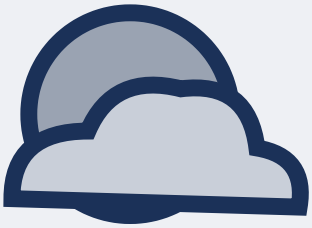
Bright Light, Dim Light

How do I feel? Point to one.



Bright light

I feel safe.
I feel okay.



Dim light

Something is not okay.
I feel worried or scared.

If my light is dim, I can:



Show STOP



Go to my safe grown-up



Tell or show what happened

For grown-ups: Bright light and dim light are Lumi's words for the feeling inside that tells us if something is okay. Check in during calm moments, not only when something is wrong, so the cards feel familiar. If your child shows dim light, stay calm, listen, and don't push for details.