

LUMI FOR EVERY CAPTAIN

Lumi's Feelings Wheel

Point to how you feel.



I feel _____.

For grown-ups: Start in the middle with the big feeling, then move out to find the word that fits best. Accept any answer. If your child points to **Unsafe** or **Feels off**, stay calm, listen, and say: "Thank you for telling me. You did the right thing. My job is to help you be safe."