

# The LUMI Steadiness Companion

A gentle reflection guide for shared reading

By A.T. Bell

Thank you for taking the time to share this story.

LUMI began as a quiet conversation in our home — about steadiness, about small steps, and about what it means to carry light when things feel uncertain.

The characters in these stories are not heroes in the loud sense.

They notice.

They pause.

They keep walking.

That felt important.

The LUMI Steadiness Companion was created to gently extend the story into places where it may be needed — classrooms, counseling rooms, foster homes, and quiet moments in between.

It is not a curriculum.

It is not a program.

It is an invitation.

If this story offers even one careful step forward for someone in your care, then it has done what it was meant to do.

With gratitude,

A.T. Bell

## **Before You Read**

This story moves slowly.

Before you begin, you might pause for a moment.

Notice something steady near you.

A chair.

A window.

The floor beneath your feet.

Lumi notices small things.

The way the meadow feels.

The way the lantern rests in his paw.

As you read, you might remember a time you moved carefully.

Or a time someone walked beside you.

There is no rush here.

## **As You Read**

When the lantern goes out, nothing in the forest changes.

And yet, everything feels different.

You might pause and notice what feels uncertain,  
and what still feels true.

Steadiness does not always glow.

Sometimes it waits quietly.

## **After You Read**

Lumi does not fix the dark.

He stands inside it.

You might wonder what you carry with you when you feel unsure,  
and what one careful step might look like next.

Small steps are not small.

They are how we cross meadows.

## **A Small Steady Moment**

You might try this together.

Place one hand over your heart.

Take one slow breath in.

Notice something steady near you.

Take one slow breath out.

The forest in the story does not disappear.

It simply grows quiet.

You can grow quiet too.

Take one more careful breath.

## **Draw Your Lantern**

In the story, Lumi carries a lantern.

What would your lantern look like?

What color would it glow?

There is no right way to draw light.

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[officiallumiandfriends@gmail.com](mailto:officiallumiandfriends@gmail.com)