



What Would Luna Do?

Luna can get worried and feel stuck when there are changes in her life. She will be doing one beautiful thing a day so she can feel calm & safe again.

Luna would love if you could do some of these beautiful things with her! Your grown-up can do them too, and you can do one-a-day in any order.

look for
faces in the
clouds

wiggle the
worries out -
shake high and
low, and end
with a tickle
fight

close your eyes
and pick 3 of
your favourite
memory smells
to breathe in

send your
worry to the
moon to look
after for the
night

trace a star on
your hand -
breathe in and
out and as you
draw up and
down

find a star
from your
window and
name it

put your worry on a
tissue / paper and
blow it away - do it
with a grownup and
see who can get
theirs the highest

find 5 signs
of spring
that you can
hear, see
and smell

close your eyes and
ask your heart to
send you a colour,
then imagine that
colour wrapping
around you like a
protective bubble