



L.B.

Discovering The Inner Light

Reflection Questions



1. Big Questions

- L.B. was curious about who she was and why she was here. Close your eyes and think about something that makes you wonder. Is it about yourself, life, or the universe? Write or draw your thoughts; answers are not needed.

2. Overcoming Challenges

- Each time L.B. faced a challenge, she discovered something new about herself. Think of a time when something was really hard for you. How did you feel? What helped you get through it? Write or draw what you learned about yourself from that experience.

3. Feeling Special

- When the butterfly told L.B. she had something special inside, it made her wonder about her unique qualities. Imagine a friend is telling you something amazing about yourself. How does that make you feel? Now, think about what makes YOU special. Draw or list three things you love about yourself.

4. Discovering the Light

- L.B. realized she had a Light inside her that helped her feel brave, calm, and happy. Picture a warm, glowing light inside of you. How does it make you feel? Does it change how you see yourself or others? Write about a time you felt your Light shining.

5. Practicing Inner Guidance

- L.B. learned to close her eyes, take a deep breath, and feel her Light when she needed help or felt big emotions. Take three deep breaths. What do you notice? Do you feel warmth, calmness, or energy inside you? Write or draw what your Light feels like.

6. Using Your Light

- L.B. discovered it was her Light that helped her to be brave, calm, and kind. Think of a time when you felt scared or upset. How could your Light help you in that moment? Write about how you can connect with your Light the next time you need it.

7. Sharing the Light

- L.B. shared the message of the Light with others. Imagine you are writing a letter or making a card for someone to remind them of their Light. What would you say? Draw or write a message to encourage someone you care about.