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Luna Read-Aloud Mini-Guide

Eight story-first ways to talk about big feelings—one manageable next step at a time.

**AUDIENCE**

Adults reading with children ages 3-6

COLLECTION

Eight 32-page picture books

USE

Home, preschool, kindergarten and story time

PUBLISHER

MindfulMe Publishing

Stories before strategies

Read the story for connection first. Use the prompts only when they help. This guide supports everyday conversations; it is not medical, diagnostic or therapeutic advice.

THE REPEATABLE LUNA RHYTHM

Notice. Name. Choose one small step.

A simple adult language that sits underneath the story without taking it over.

1 NOTICE THE BODY

What is the body saying? Luna may feel a warm face, fluttery tummy, tight paws, wide eyes or ears that need quiet.

2 NAME THE FEELING

Offer a few plain-language possibilities: nervous, frustrated, worried, left out, discouraged or overwhelmed. Let the child keep, change or skip the word.

3 CHOOSE ONE SMALL STEP

Make the next move specific and manageable: try one part, pause the paws, check one sound, ask to join, change one thing or move somewhere quieter.

Before, during and after

BEFORE	Name the situation, not the lesson: 'Luna is trying something new today.'
DURING	Pause only if the child is engaged. Ask one noticing question; do not quiz.
AFTER	Invite one connection or activity. A child may answer with words, movement, drawing or not yet.

BOOK 1 • STARTING SOMETHING NEW



Luna Takes One Brave Step

Choose this story for: starting something new

Feeling words

Nervous, unsure, not ready yet

Body clues

Fluttery tummy, feet that pause, a quiet voice

One small step

Choose one tiny part to try—then pause and notice what changed.

Ask after the story

- What did Luna's body tell him before he had the words?
- What made the first step small enough to try?
- What is one tiny first step you could choose?

Try it together

One-small-step ladder: draw three boxes. Put the easiest possible first step in box one; leave boxes two and three optional.

Adult note

Avoid promising that bravery makes worry disappear. Notice the effort: 'You tried one part while the nervous feeling was still there.'

BOOK 2 • ANGER AND FRUSTRATION



Luna and the Stormy Tower

Choose this story for: anger and frustration

Feeling words

Mad, disappointed, stuck

Body clues

Hot cheeks, tight paws, a body ready to knock things down

One small step

Pause the paws, make space, find words, then choose whether to rebuild or repair.

Ask after the story

- Where did Luna feel the storm in his body?
- What helped Luna pause before acting?
- Which words could help when frustration arrives quickly?

Try it together

Build-and-pause: create a small block tower. When it falls, practice hands on knees, one breath, then say: 'I feel frustrated. I need...'

Adult note

Safety comes before explanation. Help the body slow down first; talk about choices only after the child is available for words.

BOOK 3 • BEDTIME WORRY



Luna and the Moonlight Sounds

Choose this story for: bedtime worry

Feeling words

Worried, uncertain, watchful

Body clues

Wide eyes, listening hard, imagination filling in the gaps

One small step

Ask 'What do we know?', check safely with a grown-up, and choose one comforting next step.

Ask after the story

- Which sounds felt bigger because Luna could not see them?
- What facts helped Luna understand the sounds?
- What helps your body feel safe at bedtime?

Try it together

Sound sort: list or draw familiar nighttime sounds under 'I know this sound' and 'I can ask a grown-up to check.'

Adult note

Reassure without dismissing. 'That sound surprised you. Let's listen together' works better than 'There's nothing to worry about.'

BOOK 4 • FRIENDSHIP CHANGES



Luna Makes Room for Three

Choose this story for: friendship changes

Feeling words

Left out, jealous, unsure of belonging

Body clues

A tight chest, watching from the side, an urge to pull away

One small step

Name the honest wish, ask to join or reconnect, and allow friendship to have more than one shape.

Ask after the story

- What did Luna worry would happen when someone new joined?
- How did Luna show what he wanted without blaming?
- What can friends do when everyone wants something different?

Try it together

Friendship space: use three paper circles and move them to show together-time, one-on-one time, and independent time.

Adult note

Do not force immediate inclusion or sharing. First reflect the feeling; then offer a specific, respectful way to ask for connection.

BOOK 5 • TRYING AGAIN



Luna and the Kite That Wouldn't Fly

Choose this story for: trying again

Feeling words

Frustrated, discouraged, ready to quit

Body clues

Slumped shoulders, tired paws, a fast 'I can't'

One small step

Change one thing, test it, and decide what the result teaches—not what it says about you.

Ask after the story

- What did Luna think the failed attempt meant at first?
- Which one change helped Luna learn something new?
- When is a break part of trying again?

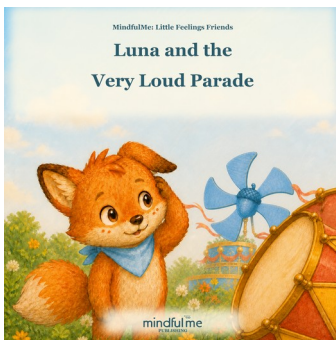
Try it together

One-change experiment: test a paper airplane, block bridge or drawing tool. Change only one feature and compare what happens.

Adult note

Praise the process specifically: looking, changing, asking and resting. Avoid turning persistence into pressure to continue indefinitely.

BOOK 6 • SENSORY OVERWHELM



Luna and the Very Loud Parade

Choose this story for: sensory overwhelm

Feeling words

Overwhelmed, startled, needing less

Body clues

Covered ears, tense shoulders, a wish to move away

One small step

Say what the body needs, reduce the intensity, add distance or find a quieter place with support.

Ask after the story

- How did Luna know the parade was becoming too much?
- Which changes made the sound more manageable?
- How can someone ask for quiet without apologizing?

Try it together

Quiet–loud–just right: sort everyday sounds into three columns. Add one helpful choice beside each loud sound.

Adult note

The goal is not to make a child tolerate distress. Honor the signal, reduce the load and keep the child connected to a trusted adult.

BOOK 7 • CHANGED PLANS



Luna and the Rainy-Day Change

Choose this story for: changed plans

Feeling words

Disappointed, frustrated, not ready for a new plan

Body clues

Dragging tail, crossed paws, repeating what was supposed to happen

One small step

Ask 'What can stay?' Choose one valued piece—or nothing yet.

Ask after the story

- What parts of Pond Day did Luna miss most?
- Why did Mama let Luna choose 'nothing yet'?
- How could Luna feel disappointed and cozy at the same time?

Try it together

What can stay? Draw the original plan, then circle one piece that could remain. 'Nothing yet' is always an allowed answer.

Adult note

A different plan does not have to be called better. Make room for disappointment before offering choices, and promise only what adults can reliably keep.

BOOK 8 • ASKING FOR HELP



Luna Needs a Paw

Choose this story for: asking for help

Feeling words

Embarrassed, determined, worried someone will take over

Body clues

Hot cheeks, hiding the hard part, wrestling with the task alone

One small step

Choose the helper, kind and amount of help: show me, with me, this part or wait nearby.

Ask after the story

- Why did Luna keep trying to hide the hard part?
- How did Luna tell helpers exactly what to do—and when to stop?
- Which kind of help would leave you in charge?

Try it together

Help menu: make four cards—show me, with me, this part, wait nearby. Practice choosing one for a safe everyday task.

Adult note

Offer specific help without taking ownership. Respect 'stop,' while adults remain responsible for height, sharp tools and other safety limits.