

LUNA FINDS LOVE EVERYWHERE



Written by
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Dear Reader,

My name is Dr. Shainna Ali, and I am a mental health counselor, educator, and advocate. I am so happy to share this book with you. My passion for sharing about self-love began when I recognized how influential self-love was in transforming my well-being. As I worked with individuals of diverse walks of life, I began to notice a key theme across their journeys: a lack of self-love.

As I helped courageous clients infuse self-love into their healing, regardless of their unique identities or symptoms, their wellness improved, and I kept hearing, “I wish I learned this sooner.” This prompted me to write *The Self-Love Workbook*, and then *The Self-Love Workbook for Teens* and *Luna Finds Love Everywhere* to provide foundational and age-appropriate self-love lessons to be fostered for a lifetime.

Love is vital. We often think about love as a gift we share with others, but it is powerful on a personal level too. We need love from ourselves as much as, and sometimes more than, we do from others. Self-love begins with the task of being kind and considerate toward yourself. While self-love can be wondrously empowering, it is not always easy and requires intentional practice. Could it be easier if we learned these concepts as children?

Childhood is a pivotal time for development, exploration, and learning, and self-love during this phase should not be overlooked. Without it, children may think poorly of themselves, have trouble experiencing emotions and maintaining healthy relationships, and develop mental health concerns. With self-love, children tend to be more confident, motivated, and

empowered; have healthier relationships; and be happier overall.

Young children are full of love, and have likely not made the distinction between love for others and love for oneself. They merely see love as love, an enjoyable and essential part of life. When trying to infuse the lesson of self-love in young children, we should build on this beautiful outlook.

Luna’s individual journey of self-love is based on the active practice of accepting, caring, and encouraging oneself. Little ones learn through exposure and exploration. Much of what they learn is modeled by those around them. That includes you, and perhaps that may now include Luna.

Luna’s day may seem unassuming and simple; however, as you join her, you will have the opportunity to explore subtle and developmentally appropriate self-loving lessons. A simple scene of Luna selecting her clothing provides gentle cues related to self-exploration, self-kindness, self-expression, and self-esteem.


Each time you read about Luna’s day together, your little one can catch a new concept and deepen their awareness of Luna’s lessons. I encourage you to engage with your little one as they ask questions about Luna’s life and, perhaps, their own as well. Utilize your creativity, and welcome your child’s imagination as they reflect on her prompts and connect the themes into their own lives.

With love,
Dr. Shainna

Hi there, good morning! My name is Luna. What's your name?

The sun is shining, and oh! I can even hear a bird singing. I can't wait to do lots of my favorite things today.





What are
some of your
favorite things
to do?

“Good morning, everybody!” I greet my family at the breakfast table. “Wow, it smells so yummy. Are we having chocolate chip muffins?”

“Good morning, Luna! Dad is making pancakes,” says Mom.

“I can make you a mini stack if you’d like,” says Dad,
“served with love!”

Too bad we aren’t having my dad’s muffins, those are my favorite. But I do like pancakes. They’re made with love too!



“Luna, are you excited to go to the park?” asks Dad.

“Yes!” We can all play with my new rainbow ball!”

I can’t wait to see my friends at the park. We can’t go every day, so when we do go, it makes me so happy!

What do you
like to do with
your friends?




“Here, Luna, let me help you,” my brother Sage offers as I brush my teeth. “Great job so far. I remember when you couldn’t even hold a toothbrush by yourself.”

“Thank you, Sage. I love you! One day I’ll be able to brush my teeth all by myself, just like you!”

I need a little help sometimes, and that’s okay. When people help me, it’s with love.





What is your
favorite thing
to wear?

“Do you need help getting dressed?” asks Mom.

“Thanks, but I can do it!” I reply.

I know how to choose my clothes. I still can’t tie my shoes, but I can do everything else.

Let’s see here...ooooh, I love this shirt! It has so many colors. I like wearing clothes that make me feel happy.


“What a lovely day it is! Don’t you think so Luna?” says my dad at the park.

“It sure is!” I say. “Wow, look at that kite soaring in the sky. Can you see it?!”

I love going outside. I get to see all kinds of things.

“Look at all of these super-big trees...and that little squirrel.

He has a nut!



What do you
like about going
outside?

I run over to my friends and say hello.

“Hi, Ryder! Hi, Aleena!” I say. “Look at my new ball. Want to play?”

“That sounds fun, but we are taking turns on Ryder’s scooter. It’s so cool. Do you want to ride?” says Aleena.

Oh no...I have a weird feeling in my tummy. It doesn’t hurt, but it doesn’t feel good either. I’m upset that my friends aren’t as excited about my ball as I am.

How do
you feel
when things
don’t go your
way?



**Purchase Your Copy
Today and Keep Reading!**



CAN YOU FIND LOVE EVERYWHERE?



It's easier than you think! Follow Luna as she discovers self-love in small, everyday moments. From kindness and sharing to what to do when things don't go your way, *Luna Finds Love Everywhere* celebrates the many ways we can love and appreciate each other and ourselves!

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