

MY HAPPY INNER RAINBOW



BY [CHILDBOOK.AI](https://childbook.ai)

Lumi woke up feeling gray and grumpy. A tiny raincloud floated right above their curly brown hair! Nothing seemed fun today, not even yellow pajamas. Grandma peeked into the room and smiled softly. "Oh, little one, I see a cloud following you," she said gently. She sat beside Lumi and took their hand. "I know a magical game that can help," Grandma whispered. "Would you like to try it with me?" Lumi nodded slowly, curious about what Grandma meant.



"Let's wake up your rainbow lights!" said Grandma with a wink. "First, wiggle your bottom like a happy puppy!" Lumi wiggled and giggled, and a warm red light glowed at the bottom of their tummy. "Now rub your belly in a big circle," Grandma said. Lumi rubbed and rubbed, and an orange light began to spin softly. "Next, tickle your chest gently," Grandma added, tickling herself too. Lumi laughed as a bright green light bloomed right over their heart, glowing warmer than before.



"Now hum a little tune," Grandma said softly. Lumi hummed, "Hmmmm," and a blue light sparkled near their throat. Grandma touched her own forehead and winked. "Blink your eyes and imagine starlight," she said. Lumi blinked, and a purple light twinkled just above their eyebrows. "One more!" Grandma cheered. "Think of something you love." Lumi thought of Grandma's hugs, and a shining violet light spun brightly at the top of their curly head, joining all the others.



All seven rainbow lights spun and glowed inside Lumi, bright and warm. The little gray raincloud shrank smaller and smaller, then popped away like a bubble! Lumi giggled and jumped up, feeling brave, happy, and full of love. "You found your happy inner rainbow!" Grandma said proudly. She wrapped her arms around Lumi in a big, warm bear hug. "It was inside you all along," Grandma whispered. Lumi hugged back tightly, glowing brighter than any rainbow in the sky.



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