

Lumi Nova Club Guide

What is the Lumi Nova Club?

The Lumi Nova Club is a school-based emotional wellbeing club designed to support children in a safe, nurturing, and flexible space. While the Lumi Nova app is a central tool, the club is not just about gameplay — it offers a holistic space for children to explore emotions, express themselves creatively, and build resilience together.

Everything you need to run a club is included in the Lumi Nova Club Package and linked below:

- [Lumi Nova Club Parent / Carer Permission Form](#)
- [Parent Information Sheet](#)
- [Luminaut Self-Reflection Log](#)
- [Lumi Nova Club Discussion Slides](#)
- [Lumi Nova Activity Sheets](#)

PLEASE NOTE: The Lumi Nova app is compatible with ipads, tablets or Amazon Fire tablets and most smartphones. You will need to have access to a compatible device and download the app from the Amazon, Apple or Google Play Store in order to run a Lumi Nova Club. Lumi Nova is not compatible with laptops or desktop computers.

Before launching you will need to register your Lumi Nova Club!

[Register here!](#)

Who is the club for?

The Lumi Nova Club is ideal for children who may:

- Lack confidence to try new things
- Seem unable to face simple everyday challenges
- Find it hard to concentrate
- Have problems with sleeping or eating
- Have angry outbursts
- Have negative thoughts about what's going to happen
- Be avoiding everyday activities e.g. going to school, seeing friends
- Become irritable, tearful or clingy

Children attending the Lumi Nova Club should ideally be nominated by school staff, including: Class teachers, SENCo(s) and/or the pastoral or wellbeing teams or put forward by a parent/carer. These should be pupils who may benefit from additional emotional support, confidence and resilience building opportunities, or a structured space to explore their worries.

Note Lumi Nova (app) is not recommended for use with children who have severe anxiety, are in crisis, have suicidal thoughts or are at risk of self harming without clinical supervision. See [Instructions For Use](#).

Parental Permission and Lumi Nova Setup

After selecting pupils you would like to join the Lumi Nova Club; personalise and share the [Parent / Carer Permission Form](#) and [Parent Information Sheet](#) with families. Included is information about Lumi Nova, guidance for setting up the Lumi Nova app and space for details of your Lumi Nova Club.

Parents will need to register online to access the Lumi Nova app and receive their game key. After downloading the app at home, they will need to complete the short setup process including choosing 3 missions for their child. The chosen missions along with their game key are then recorded on the Permission Form and returned to you.

Club Setup and Structure

The club is designed to run for 6 weeks (or the length of a school half term). At the end of the half term children receive a 'Lumi Nova Club' Graduation Certificate to celebrate their progress. Graduation Certificates will be sent to you when you register your club. A new group of pupils can be invited to join for the next half term.

Club Setup: Before your club starts you will need to:

- Ensure all devices are charged
- Download the Lumi Nova app onto devices
- Allocate a device to each child in your club (it may be useful to label devices)
- Sign each child into the Lumi Nova app on their device using the game key provided by their parent/ carer
- Setup your audio / visual equipment (needed for the Introductory Session and weekly discussions)
- Print the Luminaut Self Reflection Log and activities you may wish to use








Introductory Session: We recommend that for the first session, pupils participate in the [Lumi Nova Talking About Worries Workshop](#).

Luminaut Self-Reflection Log: At the beginning of the introductory session children should complete the first half of their [Luminaut Self-Reflection Log](#). Children complete the second half of their Log during the last session of the club. There is space at the bottom of the log for reflections from the adult in charge of the club. Self-Reflection Logs can be shared with other staff and parents or carers as appropriate.

Session Structure: Children are encouraged to engage with the Lumi Nova app during each session however, if deemed appropriate they can opt out of playing the game. If opting out, children can take part in other calming or expressive activities such as colouring, quiet time or whatever works best for your pupils and your school.

Session Structure	Details
Welcome & Check-In	<p>Check-in on your Luminauts; how are they doing this week?</p> <p>Use the Lumi Nova Discussion Slides to introduce a weekly discussion topic around wellbeing.</p> <p>Discussions could include the whole group, partner sharing, or utilising Post-it note reflections as appropriate.</p>
Activity Time	<p>Pupils can choose to either:</p> <ol style="list-style-type: none"> 1. Complete an in-game Lumi Nova Challenge and their daily game play time (30 minutes). In-game challenges can be repeated to build confidence. 2. Have a go at an offline Lumi Nova Activity from the Lumi Nova Activity Pack* <p>*Activities may need a small amount of equipment / preparation.</p>
Reflection and Wrap-Up	<p>Celebrate effort and progress each week. Encourage pupils to continue their Lumi Nova journey at home between club sessions. Game Keys can be used on up to 3 devices.</p> <p>Don't forget, children need to complete the second half of their Luminaut Self-Reflection Log during the last session of the club</p>

Reminders

-  Graduation certificates: can be awarded at the end of each 6-week (half term) cycle. Your graduation certificates will be sent to you once you register your club here.
-  Club refresh: new pupils can be invited to join the club each term.
-  Identifying Luminauts: children should be thoughtfully selected by class teachers, SENCo, pastoral leads, or parents/ carers.
-  Celebrate all progress: whether through gameplay, reflection, or creativity.
-  Safeguarding first: follow your school's procedures at all times.
-  Communication is key: as well as sharing the self-reflection log at the end of the 6 weeks, consider how you will keep parents and carers in the loop throughout their child's Lumi Nova Journey.
-  Play at home: Lumi Nova can be used at home and school, so try to encourage pupils to keep playing and building their courage between your weekly club sessions.

Technical Support

If you experience any technical difficulties with the app, please try to troubleshoot using some of the options below.

1. Close and restart the app
2. Restart the device
3. Check for updates
4. Delete and re-download the the app onto the device

If these issues continue, please reach out to luminova@bfb-labs.com with:

- Screenshots of the issue
- A description of the issue
- Device details (eg. iPhone 13 Pro, Google Pixel 7 Pro)
- Operating system of the device (eg. Android 15, iOS 18.6.2)
- Version number of the Lumi Nova app (found on the home screen eg. 1.0.7)
- Game key of the child experiencing the issue

Once received, a member of our team will be in touch to offer their assistance.

If you have any questions or require any further support, you can email the team at luminova@bfb-labs.com.