Suitability

Lumi Nova Resources

About Lumi Nova

Lumi Nova supports children and young people to build confidence and learn lifelong skills to manage their worries through an intergalactic adventure game! Lumi Nova has been designed for 7-12 year olds with mild to moderate anxiety and can be used on a tablet or smartphone.

Get your Lumi Nova game key by visiting:
luminova.app/get-access

Trying to decide if Lumi Nova is suitable for your child?

Lumi Nova is available to all families where it's commissioned but who is Lumi Nova suitable for?

Designed for young people aged 7-12 yrs

Lumi Nova has been designed for children in school years 3 - 7, but can also be used by those younger or older should they want to give it a go.

15 missions to choose from

Each mission contains 3 goals and can support your child to build skills to manage common fears and worries including social anxiety, separation anxiety and/or phobias. A list of missions can be found at luminova.app. If you can't see a specific worry on the list, completing a similar mission can help your child develop the necessary skills to tackle their fear.

For mild to moderate anxiety

Children who have mild to moderate difficulties with anxiety may show some of these signs:

- Lacking 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 and/or negative thoughts
- Avoid everyday activities e.g. going to school, seeing friends
- Become irritable, tearful or clingy

Resilience building

If your child isn't showing any signs of worry they can still use Lumi Nova to understand and learn how to manage worries in the future.

Additional needs

Lumi Nova hasn't been designed specifically for young people with additional needs, but many families have found it really helpful. It starts with understanding worries and progresses in steps. Discuss with your child to decide if it's something you both want to try. Adjustments can and should be made to meet their individual needs.

Accessibility

Lumi Nova has lots of accessibility features including voice overs and volume controls. Download our accessibility resource here: luminova.app/resources

Who Lumi Nova is not for

Lumi Nova isn't suitable for young people who have severe anxiety, are in crisis, experiencing suicidal thoughts or at risk of self harming.

No tech skills needed

Lumi Nova has been designed to be easy to use and child led. Just register for your game key and download the app onto a tablet or smart phone. Parents & young people are guided through each session step by step.

Support from a trusted adult

It's important that young people have some adult support to set up Lumi Nova, unlock any real-life challenges and make any adaptations that may be needed.

Hear from other families

Real-life case studies are available at luminova.app showcasing how Lumi Nova has supported different young people.

LUMI NOVA™ TALES OF COURAGE

Recommended by NICE National Institute for Health and Care Excellence

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