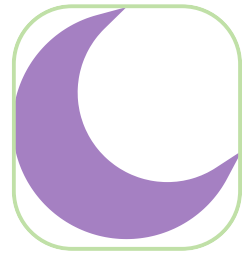


Reflector Overview

“The Looking Glass”



They are referred to as the **Looking Glass** because they are like our collective mirrors, reflecting back the energy they take in.

They are deeply sensitive to their environment. They feel best in spaces and with people that feel good.

Sensitive
Insightful
Empathic

They don't have access to consistent energy and may need more rest than other kids.

They are lunar beings who are very connected to the moon cycles.

Reflector Kids



Their environment matters. Make sure they have a calm space where they can rest and recharge.

Their energy will vary depending on their environment.

Tips to support your child.

They aren't lazy! They may need more down time. Allow them to take breaks when possible.

Recognition is essential. They thrive when someone notices their gifts, their perspective, or simply says, "I see you."

Reflector Kids



They change roles often. One day they're playful and social, the next they're quiet and introspective.

They are surprisingly wise and may say things that seem beyond their years. They also might ask deep and meaningful questions.

You might notice...

They absorb and reflect others' moods – Around happy people, they seem joyful; around stress, they may become anxious or withdrawn.

It's best to let them take their time making big decisions.

Reflector Kids



I like it here, it's nice and calm.
or
This place feels weird, can we
leave?

I feel so different
sometimes.

You might
hear...

I don't know what I'm
doing yet, can I tell
you later?

I don't want to play,
I'm just going to
watch for a while.

Reflector Kids



They understand and recognize when they need to rest or take a break, and they don't feel guilty about it.

They feel calm and comfortable in their environment.

Signs they are on track.

They're curious and engaged, moving through the world in a way that feels natural to them.

They offer insightful observations, often picking up on things others don't.

Reflector Kids



They say things like “I don’t fit in.” or “I feel different.’

They seem overwhelmed, anxious, or emotionally drained—especially after time in chaotic or loud spaces.

Signs they are stuck.

They try to be like everyone else, losing their own identity in the process.

They are struggling to make decisions, freezing when trying to choose.

