Courage Companion

Blair and the forgotten flames

Lubadoo™

Blair and the Forgotten Flames

Lubadoos Adventures



A girl who feels invisible.
A world that refuses to let her stay that way.

Blair and the Forgotten Flames is a middle-grade fantasy adventure set in the magical world of Lubadooland.

With the Forgotten Flames extinguished and the land sliding toward danger, Blair must outwit Mischief Makers and battle powerful Beasts to reignite them.

Along the way, Blair discovers that the greatest challenge isn't defeating darkness—it's believing in herself when doubt tells her she can't.

Themes:
Courage • Value • Friendship • Confidence • Forgiveness

Readers will love:

- The bold adventure
- Powerful Beasts
- Wing Powers
- The mysterious Guardian
- The lovable Guide
- The Loyal
- Mischief Makers
- Relatable challenges
- An adventure with unexpected twists
- The five flames

The most powerful flame Blair discovered wasn't magical—it was learning to believe in herself.

Courage Companion

Blair and the Forgotten Flames: A Lubadoos Adventure

Welcome to the Blair and the Forgotten Flames Courage Companion.

This companion was created to extend Blair's adventure beyond the story—giving adults and girls meaningful ways to reflect, talk, imagine, and explore the ideas woven throughout Blair's journey.

Why a Courage Companion?

Every Lubadoos adventure puts a relatable hero at the center of an extraordinary journey. Beneath the fantasy are feelings and challenges girls recognize—fear, doubt, disappointment, uncertainty, and moments when they aren't sure what to do next.

At the heart of every story is courage. Our heroes aren't fearless. They face what scares them, make mistakes, try again, and choose courage over and over.

The Courage Companion creates opportunities to talk about what happens in Lubadooland and explore some of the ideas woven throughout the adventure.

Why This Story Matters

Many young people struggle with self-doubt long before they learn to talk about it.

Blair's story explores what happens when a girl who feels overlooked and uncertain is forced to face things that scare her—and begins to discover just how courageous she already is.

She discovers that her best friend becoming the mean girl was never really about Blair in the first place. And that her value did not depend upon what one person thought.

At its heart, Blair's story shows what can happen when a girl begins to believe in herself and face what scares her.

Key Book Themes

While the adventure sweeps readers into a magical desert world, the deeper message stays with them long after the last page:

- You matter.
- Your worth isn't determined by what someone else thinks of you.
- Being scared doesn't mean you aren't courageous.
- You may already be more courageous than you know.

Before the Adventure

Blair and the Forgotten Flames offers opportunities for readers to consider how they think or feel about real-life challenges.

Possible conversation starters:

- What does courage mean?
- Can someone be brave even if they’re scared?
- Have you ever felt unsure of yourself?
- Have you been let down or ignored by a friend?
- Who helps you believe in yourself?
- Who do you trust and why?

Talk About It

Once readers are immersed in the story, deeper discussion and reflection can naturally follow.

Possible Discussion Questions:

- Why do you think Blair was chosen to help Blazewink?
- What was Blair's biggest Beast: the ones she fought or her own self-doubt?
- If one of your worries or fears became a Beast, what might it look like?
- Which decision took the most courage?
- What lesson did you take away from Blair’s journey?
- Do you think Blair ever forgave Jessa?

Courage in Action

Blair’s adventure offers plenty of ways to take the ideas beyond the page—through conversation, imagination, reflection, and creative challenges that connect the story to real life.

IDEAS TO EXPLORE:

Design Your Own Wing Power: Ask readers to imagine what their own Wing Power might be. What would it do? When would they use it? What strength or quality might it represent?

When Self-Doubt Shows Up: Have readers identify three things they can do when they begin doubting themselves. They might think about someone they can talk to, something they can remind themselves of, or an action that helps them keep moving forward.

Create Your Lubadoo Wings: Invite readers to draw or describe the wings they would have in Lubadooland. What colors would they be? What makes them unique? What might their wings say about who they are?

A Letter to Your Brave Self: Have readers write a short letter to themselves about something brave they have already done. Remind them that courage doesn't have to mean facing something enormous—it can show up in everyday moments, too.

Imagine Your Own Adventure: If readers were transported to a magical world and chosen to help save it, what challenge might they face? What creatures, powers, or unexpected allies might they encounter? What would they discover about themselves along the way?

Courage Chain: Have each reader share one brave choice Blair made and then one brave choice they have made themselves. In a group setting, each person can add another example, creating a chain of different ways courage can show up.

Beast to Strength: Choose one of the fears, doubts, or challenges Blair faces and identify the strength she uses to move through it. Then invite readers to think about a challenge of their own and what strength might help them face it.

Flame of Courage: Ask readers what their own symbolic flame might represent—confidence, friendship, perseverance, kindness, hope, or something entirely different. Why would that quality matter to them?

Courage in Real Life: Brainstorm examples of courage that may not look dramatic from the outside—asking for help, speaking up, trying something new, admitting a mistake, apologizing, joining in, or trying again after a setback.

Friendship Reflection: Talk about what makes someone a trustworthy friend. How do Blair's experiences with friendship affect the way she sees herself and others? What qualities do readers value most in a friend?

Rewrite the Moment: Choose a scene in which Blair doubts herself or has to make a difficult decision. Ask readers what might have happened if she had made a different choice. How could that one decision have changed what came next?

Character Connection: Ask readers which character from Blair's adventure they would most want beside them during a difficult challenge—and why. What quality does that character have that would make them a good companion?

Continue the Adventure

Blair's journey is only the beginning. The world of Lubadoos™ continues to grow with new heroes, powerful Beasts, unexpected twists, and more of Lubadooland waiting to be discovered. Meet the other heroes and discover where Lubadooland takes them next.



Book #2: Madison and the Clocktower of the First Hour
A girl who was born to fix things.
A world that won't let her do it alone.

Madison always believed if something is broken, it's her job to fix it. When she's pulled into Netherpine, the forest region of Lubadooland to repair the Clocktower, she wonders what she could possibly do.

She faces dangerous Beasts, impossible odds, and a disappointment she never saw coming.

To restore order, she'll have to dig deeper than ever to discover sometimes the bravest thing you can do is trust the most unexpected allies.

Themes:
Courage, Determination, Patience, Disappointment



Book #3: Emma and the Library Beyond Time
A girl who let one moment steal her dream.
A world that needs her to believe again.

Emma used to love writing stories more than anything. But when a few red marks from her teacher stop her cold, she switches to puzzles because nobody's judging her.

When a puzzle piece comes alive and pulls her into the magical region of Plumwhindle, Emma is chosen to uncover the legendary Library Beyond Time.

Emma must face dangerous Beasts, push past her own fears, and find the courage to believe in stories only she can tell.

Themes:
Dream big, Seek Knowledge, Imagination, Judgment

Bold adventures. Relatable heroes. Unexpected twists.

The Lubadoos Adventure Series takes readers into a magical land filled with powerful Beasts, danger, humor, unexpected twists, and edge-of-your-seat moments that leave them wondering what could possibly happen next. Relatable heroes face fears, doubts, and challenges they never imagined. And within themselves? Courage they never knew they had.

Every story takes them deeper into Lubadooland—and when one adventure ends, they'll already be wondering what happens next.

Built for girls. Meaningful for everyone.

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