



# Kindness Without a Name

**Lumirelle Project, an anonymous UCF student-run community project, sparks positivity in unsuspecting places on campus**

By Phillip Mora Howard, Staff Writer  
Photos courtesy of Lumirelle Project

As I passed outside the Student Union, a flash of color caught my eye. A small, bright paper with a cute character and a message lay on top of a trash bin, radiating positivity where it was least expected.

I had so many things to work on and focus on for the day, but seeing this random note while I had so many overwhelming tasks to accomplish put me in a brief moment filled with promise. It made me smile and feel good about myself during a time in my life where it was needed.

These notes come from an anonymous UCF student running a community project called the Lumirelle Project.

Multiple notes hidden throughout campus, called Lumirelle Lights, have a different message accompanied with a unique drawing and their Instagram username, @lumirelleproject. These notes can be found through different parts of campus such as restrooms, elevators, trash bins, light poles and parking garages.

According to the project's Instagram, Lumirelle is about "unlearning shame." The person running the project was kind enough to make time for a *Centric*-exclusive interview, where they revealed their intentions and thought process behind the project.

## What inspired you to hide these Lumirelle Lights for people to discover?

"I started this because I'm going through a rough time right now, and I struggle to open up to others emotionally. Because I don't speak about my problems, I don't really hear the words or encouragement from others that I wish I could. If I can't always receive them, at least I can deliver them. I figured there are other[s] silently struggling as well, and maybe I can give them what I need."

## What is the process behind making these messages?

"I hand-make the notes at night in my room. Then I head to campus very early in the morning, while it's still dark, to hide them. I'm usually gone by daylight. At the bottom of each card, I add a small tag that leads to the page, where people can also contribute their voices through the weekly questions. At the end of the week, I look at the responses on the form and share them all on Mondays."

## Has running this project changed you?

"I think so. It was fairly recently started, but the time I've put sitting down to create the little notes makes me feel positive. I am going through a rough time in my own life right now, and forcing myself to sit down and write out positive messages sort of forcibly rewires my brain, at least for the evening. It's definitely a good thing."

## Why do you choose to remain anonymous?

"I want this project to be about others, not me. I now have a couple friends helping me in the actual distribution of the notes (campus is too huge) but I really want this to be about other people, and I want it to be community-based. It's a project for others and partially created by everyone."

## What's one takeaway you want people to have with mental health?

"Mental health conversations don't have to be perfectly worded. We put too much pressure on reaching out for help, but the most important thing is that you speak at all. I think people should be more comfortable to talk about serious things without pressure."



@LumirelleProject

THEY CAN COPY YOUR STYLE, BUT THEY'LL NEVER REPLICATE YOUR SUBSTANCE, TWIN.

The project started this fall, and has already sparked the attention of students across campus.

Joemi Cordonero, junior elementary education major, goes to the Recreation and Wellness Center every Tuesday with her best friend for Pilates and on the way back to Garage B, they found a few of the notes.

"I think having this project while other events are going on like the performative male contest helps build a strong community," Cordonero said. "UCF

to me wasn't something I was attached to because I recently transferred, but it really has grown on me."

While the messages may be different from one another, the impact of being met with a positive message unexpectedly is timeless, that the positivity outlasts the moment in which it is found.

"I think small projects like this in a small scale is an amazing way to make others and yourself feel better about the world," Cordonero said.