



Dear Friend,

This is Neha & Amna, two moms, dreamers & creators. Thank you for choosing Hatch Brighter!

Have you ever wished your kids could learn intangible skills like gratitude, kindness, forgiveness, failing forward, facing our fears in the same way they learn math, science, history, reading in school? We have!

This is why we set out to find a simple and fun way for parents to do this. Our most important job as parents is to teach these life skills intentionally on a daily basis to our kiddos. Research has shown that these skills tend to be a higher predictor for long term happiness than our traditional definitions of success.

We are thrilled to know you agree... (otherwise you wouldn't be reading this right?)

Your trust in us to guide your child's Inner Growth means a lot to us. You will always be the captain of this ship & the most influential in your child's growth - we are just here to be your partner in crime (growth).

GETTING STARTED

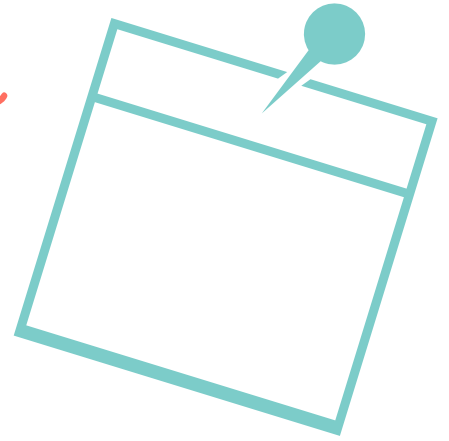
- HELPFUL TIPS: hatchbrighter.com/parents-corner
- BELIEFS & SCIENCE Hatch Brighter is based on: hatchbrighter.com/benefits
- GET TO KNOW US: Instagram @HatchBrighter | FB @HatchBrighter1
- NEED HELP? Email Serve@HatchBrighter.com.

We are always looking for ways to better serve you.

Thank you for joining us on this mission to change the world, one child at a time, by raising a generation of happy kids who love themselves for who they are.

Let's do this!

note to grown-ups



- All activities are based on Experiential and Explorative learning using the Socratic Teaching Method.
- Each activity takes 10-15 minutes. The curriculum is divided into 10 days and develops from self-awareness stage to exploration, discovery, understanding, love, transformation and mastery.
- There is a strong emphasis on nurturing the habit to go outdoors as well as balancing the 5 life pillars of Mind, Body, Spirit, Emotions & Relationships.
- As you go through each day's activity, read out loud all the prompts so you and your child can go through the experience together. The 'Note to Grown Ups' section is there to help guide your involvement in each day's activities to effectively progress through the content.
- When feeling stumped, be open to saying 'I don't know' or 'I wonder'. It is natural for grown-ups to also learn and explore with their child. Do not feel like you need to know the answers yourself. It is perfectly okay for you and your child to explore each day together.



Grown-Up Tip:

-Many adults have shared that it is helpful for them to quickly review the content for each day before going through it with their child.

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Each day starts with developing a daily habit of creating 'magic moments', emotional awareness, visualization & breathing. These pages should be reviewed before continuing to your activity of the day.

Start each day with:

Create Magic Moments:

1. GIFT OF PRESENCE

Everything else can wait... it's just 15 minutes

2. GIFT OF EYE CONTACT

Your eyes really are windows to your soul

3. GIFT OF CURIOSITY

"The mind that opens to a new idea never returns to its original size." said by Mr. Einstein himself

How are you feeling today?



Give that feeling a big hug and say “thank you”

How else do you want to feel today?



Think about something that made you feel the feeling you chose.



Close your eyes and imagine that moment as you...



Take 3 deep breaths: Inhale Exhale...



Big Idea:

self-love

UNIVERSAL TRUTH

All the love we seek is already within us.

SELF-DEVELOPMENT

You cannot love anyone else if you don't love yourself first.

KID-SPEAK

When I love myself just the way I am,
my happiness grows.

Day 1 of “Self-Love”

words of wisdom

“The most powerful relationship you will ever have is the relationship with yourself.” —Steve Maraboli

What You Need:



10 min



Paper & Crayons



Indoor

Super Powers Needed:



Love

Go to Pages 2 & 3 to Check in with your Emotions & Breathing

Day 1 of “Self-Love”

What does love mean to you?

What do you love about yourself from the outside?

What do you love about yourself from the inside?

Enjoy what your child comes up with and just listen. :)
This is a hard one to define. According to Webster, love is 'an intense feeling of deep affection'. We believe your child's definition is probably even better ;)

ACTIVITY

Draw a picture of one thing you love about yourself the most.



Grown-Up Tip:

This is a wonderful way to have awareness and understanding of your child's understanding of self-love.

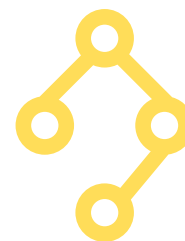
woo hoo!

Now let's end by saying this together:

I love myself just the way I am.

Make mindful connections

See if you are able to
find more things you love
about yourself today.



Thank you:



Share one thing you are grateful for today.

Big Idea:

gratitude

UNIVERSAL TRUTH

All things come to those who are grateful for what they have now.

SELF-DEVELOPMENT

You cannot be grateful and unhappy at the same time. Therefore, a habit of gratitude automatically creates more joyful days.

KID-SPEAK

Saying 'Thank You' creates more joy in our hearts.

Day 3 of “Gratitude”

words of wisdom

By recognizing the myriad of things we have to be thankful for, we increase the amount of joy in our lives. Joy is not a constant – it ebbs and flows in our lives. However, when we actively build up joy in our lives, we are able to use the excess to sustain ourselves in times of scarcity. Scarcity happens during the dark times in our lives. When we have no stores of joy to draw on, negative emotions can consume us, but when we can remember the things that bring us joy, we can weather the storm.

What You Need:



10 min



None



Indoor

Super Powers Needed:



Imagination

Go to Pages 2 & 3 to Check in with your Emotions & Breathing

Day 3 of "Gratitude"

Activity

STORY TIME!

In a busy city with lots of buildings, there was a little home in which a young boy lived with his family. He was having a particularly hard day today. He was trying to make a paper airplane just like he saw his friend make the other day.

But everytime he tried, he didn't do it quite the same way. And this made him feel not so good. He started feeling frustrated and he noticed that he became grumpy to everyone else around him. While he was shoving all the paper back into the cabinet, he noticed a picture book and grabbed it. He opened the book and saw all of his baby pictures and started to look through it. His grandpa came and sat next to him and told him some stories about the pictures.

"Before you were born. You lived in your mamma's tummy. And then when you were born, you did not know how to even hold your head up. You didn't have teeth. Couldn't walk. Couldn't talk. Then you started working hard on using your voice to make sounds which eventually became words and then sentences and now you can tell full stories."

The boy thought about how incredible it is that he learned how to say words and what they mean when he was only 1-years old. His grandpa continued, "You also worked hard on your muscles so you could start crawling and then you taught yourself how to walk. When your body made your teeth, you learned how to chew your food... then brush your teeth. And now you know how to do SO MUCH SO WELL" Something about this story of his life so far, made the little boy's heart feel happier and he didn't feel so frustrated anymore.

Day 3 of “Gratitude”

Why do you think the boy felt better?



Grown-Up Tip:

Help your child independently discover and make the connection between how looking at your past and being grateful of how far you have come during hard moments can instantly bring joy back in your life.

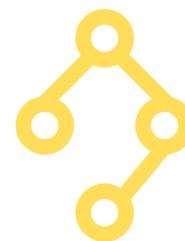
woo hoo!

Now let's end by saying this together:

I love me and I love all the things around me. Thank you!

Make mindful connections

If you have a hard moment today, try reminding yourself of YOUR EXTRAORDINARY story and ALL THE THINGS you have done so well... see how it makes you feel.



Thank you:



Share one thing you are grateful for today.

Big Idea:

failing forward

UNIVERSAL TRUTH

Failure is an illusion that brings you gifts.

SELF-DEVELOPMENT

Every failure is a learning opportunity.

KID-SPEAK

High five for every mistake & lesson learned!

Day 10 of “Failing Forward”

words of wisdom

Depending on what they are, our habits will either make us or break us. We are what we repeatedly do. ~Sean Covey

What You Need:



10 min



Tissue box + craft supplies



Indoor

Super Powers Needed:



Will-power

Go to Pages 2 & 3 to Check in with your Emotions & Breathing

Day 10 of “Failing-Forward”

So far, we have learned from Days 1-9:

That every mistake gives us a gift of learning. This special gift has only been given to you to learn from and grow from. Our job is to find the gift & say thank you.

What we learn becomes a part of us once we create the HABIT.

Do you know what habit means? (wait for child to respond)

'Habit' is when you work hard on doing something every single day so that one day you magically do it all the time, without even thinking about it.

ACTIVITY

Create a little gift box for yourself and name it: GIFTS OF MY MISTAKES
Next time you make a mistake, follow these steps:

1. Go to this gift box and find a reason to say THANK YOU. (That was your gift!)
2. Draw a picture of it or write it down and put it in the box. (Or simply say it out loud)



Grown-Up Tip:

It is essential that this skill's mastery continues beyond 10 days.

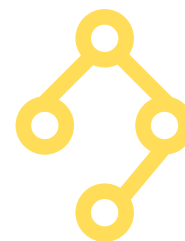
woo hoo!

Now let's end by saying this together:

I am thankful for mistakes because they are gifts that make me stronger and better.

Make mindful connections

When you feel like you made a mistake... go to this box. Thank it and find your surprise lesson that is meant to make you grow more beautiful.



Thank you:



Share one thing you are grateful for today.