



Big Idea: Gratitude (Day 3)

Source: [Hatch Brighter App](#)

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.

Questions for Kids: 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.

Summary: Sometimes when we have strong feelings, our mind ONLY tells us one story. It's your job to remind yourself that you have SOOOOO MANY stories that make you who you are there are so many more to come. During hard moments, our mind chooses not to see all the happy stories. Our stories have many many MANY magic moments to be grateful for. All we need to do is change what our mind's eyes are focusing on.

Promise to each other: Next time we have a hard moment, let's remind each other of OUR EXTRAORDINARY story and ALL THE THINGS we have done so well... and let's see how this makes us feel.

Affirmation to say together: "I love me and I love all the things around me. Thank you!"

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