



Big Idea: Self-Love (Day 1 - Awareness) | Source: [Hatch Brighter App](#) | Supplies: paper + crayons | Time: 10 min

## Conversation & Activity To Do With Kids on Self - Love

Hey there!

What does love mean to you?

What do you love about yourself from the outside?

What do you love about yourself from the inside?

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

*Affirmation to say together at the end: I love myself just the way I am.*

**You shined even brighter today by realizing:** There are many things to love about me, inside and out.

**Make mindful connections today:** See if you are able to find more things you love about yourself today.

### Grown-Up Tips:

- Enjoy what your child comes up with for the definition 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 ;)
- This is a wonderful way to have awareness and understanding of your child's understanding of self-love..

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Download the Hatch App for more activities like this: [App Store](#) | [Google Play](#)