

ACTIVITY & CONVERSATION FOR GROWN-UP & KIDS:

1. Think of 2 things you are grateful for - something you can touch and see on the outside (physical) & something invisible inside you (inner gifts).
2. Grab your play-doh (or paper and pen) and create something that represents each of those two things.
3. Now close your eyes and imagine if you did not have those things anymore...
4. How do you feel? What do your days look like?
5. Open your eyes and look at them again... have your feelings changed in how you see them? Is there anything you feel like saying to them?
6. Do you feel like you may say THANK YOU to some things even more often now?
7. Have you thought to say thank you to some of your everyday things like: your fingers, your heart, your house, food, clean water, friends, family, even computer access?

Grown-Up Tip: Sometimes to be truly grateful for what you have right now is to first imagine what your life would be like if you did NOT have it.

2-STEP TOOL FOR GROWN-UPS:

It takes 5 good things to help replace one bad thing. Try to create the below steps as a rule in your home whenever faced with a hard moment. Simply say '5 good things' and collectively come up with 5 things that went well today. Enjoy the magic!

HOW TO TRANSFORM A HARD MOMENT INTO A MAGICAL ONE:

1. Let the emotions release (tantrums, etc) and when the animal brain is gone...
2. Create a habit of asking: Let's think of 5 GREAT THINGS that happened today?

Notice the instant transformation of emotions and say hello to your Magic Moment!!!

Promise to each other: Next time you are feeling down, let's find 5 good things to say Thank You to!

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

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