



Big Idea: Self-Love (Day 2) | Source: [Hatch Brighter App](#) | Outdoor Activity | Time: 10 min

Self-Love Activity To Do With Kids

Hey there!

Did you guys know that scientists have been able to prove that when we talk to plants we can help them grow even faster?

Today's activity is for kids and grown-ups to go outside for a nature walk. Help nature grow stronger by giving everything you see in nature some loving words.

Maybe you can hug some trees or sing a song to a flower. Say hello to an ant. Tell a branch it is beautiful. Thank a bird for its song.

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

Grown-Up Tips:

- There is significant research on how important nature and going outdoors is for our mental health and brain development
- This is day 2 from the Hatch App on Self-love. In addition to asking them what they love about themselves, here you get to plant some seeds by connecting the message of love to nature: Just as loving words help nature grow, the same is true for us - when we say loving words to ourselves, our confidence, our bodies, our minds and even our health grows)
- Incorporating nature into your days intentionally is huge for us. It is also a wonderful way for kids to make their own connections around 'big ideas' and realize the important truths around love and self-love themselves. This is how we plant the seeds and intentionally develop it from Day 1 through Day 10 in our Hatch App.

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