



Hiccup's Positive Mind Mission Pack

Six playful missions for kind words, brave choices, creative ideas, and strong thoughts.



YOUR HICCUP MISSION

Complete 6 positive mind missions

6 MISSION BADGES TO EARN



1

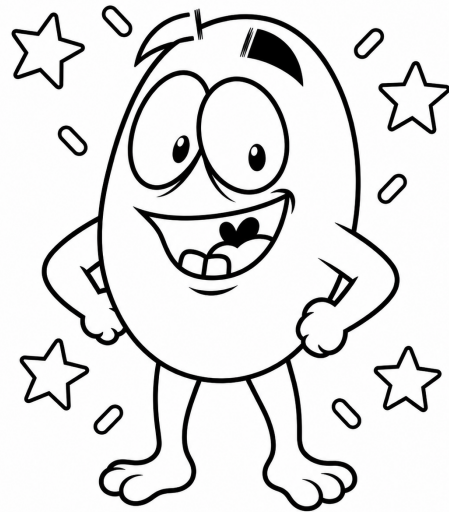
COLOR

2

DRAW

3

TALK



Hiccup is ready to begin.

WHY IT HELPS

Affirmation play builds vocabulary, confidence, and emotional language.

TRY IT TOGETHER

Let your child choose the next mission badge to earn.

INSIDE THIS MINI PACK

6 affirmation missions | Promise page | Builder badge | Grown-up guide

AGES 3-5 | SCREEN-FREE





A is for Awesome

Stand tall with Hiccup.

MISSION TRAIL



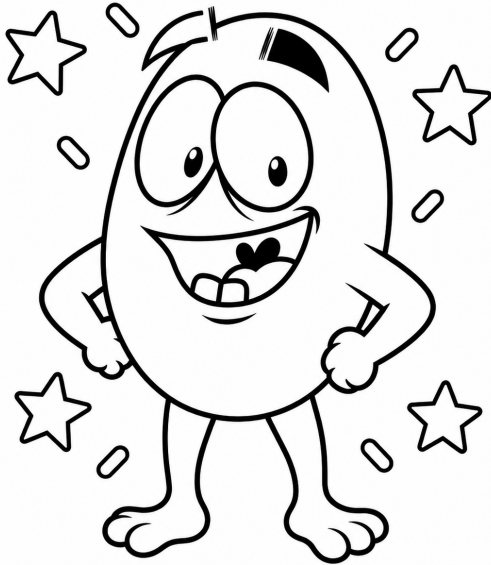
TODAY'S POSITIVE MIND MISSION

Stand tall with proud Hiccup and earn the Awesome badge.



Badge 1 of 6

A **Awesome**
I am awesome.



Hiccup stands proud and celebrates every try.

COLOR IT

Color your own awesome star.



DRAW OR CHOOSE

Draw one thing you did today that felt awesome.

TALK TOGETHER

Ask: What made you feel proud today?

WHY IT HELPS

Builds confidence by naming effort and success.

TRY IT TOGETHER

Praise one specific effort.





B is for Brave

Try one new thing.

MISSION TRAIL



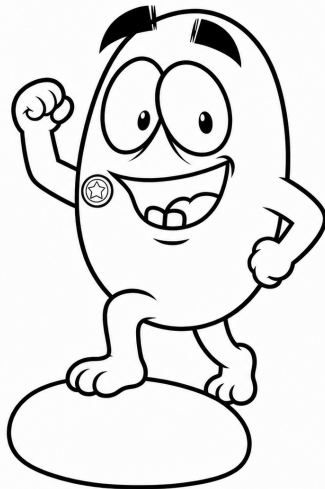
TODAY'S POSITIVE MIND MISSION

Follow Hiccup onto the new-thing path.



Badge 2 of 6

B Brave
I can try brave things.



Hiccup takes one brave step.

COLOR IT

Color your own brave badge.



DRAW OR CHOOSE

Choose or draw one new thing you could try.

TALK TOGETHER

Ask: What feels a little tricky but possible?

WHY IT HELPS

Supports courage and flexible problem solving.

TRY IT TOGETHER

Celebrate trying, not winning.





C is for Creative

Invent with Hiccup.

MISSION TRAIL



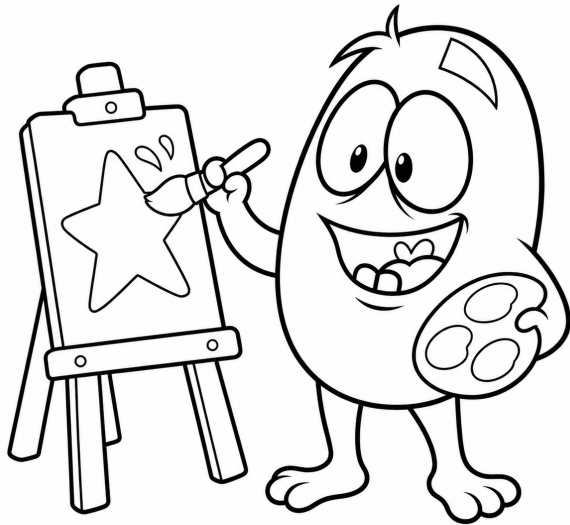
TODAY'S POSITIVE MIND MISSION

Help Hiccup turn a brand-new idea into art.



Badge 3 of 6

C Creative
I can make something new.



Hiccup turns an idea into art.

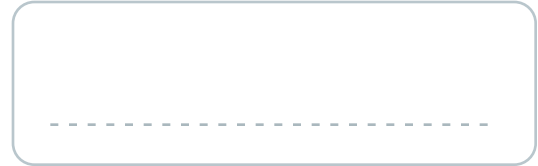
COLOR IT

Color your own idea star.



DRAW OR CHOOSE

Draw your invention or picture idea.



TALK TOGETHER

Ask: What could we make with boxes, crayons, or blocks?

WHY IT HELPS

Encourages imagination and expressive thinking.

TRY IT TOGETHER

Ask your child to explain the idea.





K is for Kind

Share a kind moment.

MISSION TRAIL



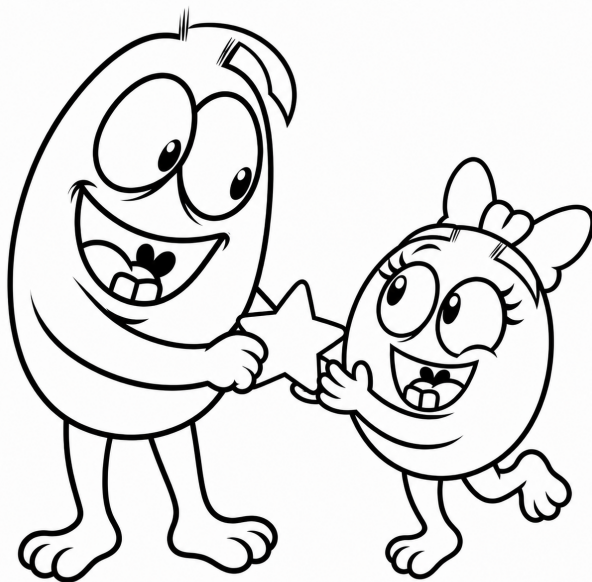
TODAY'S POSITIVE MIND MISSION

Join Hiccup as he shares with a friend.



Badge 4 of 6

K Kind
I can be kind today.



Hiccup shares a bright little star.

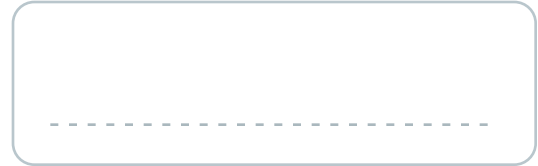
COLOR IT

Color your own kindness heart.



DRAW OR CHOOSE

Draw one kind thing you can do for someone.



TALK TOGETHER

Ask: Who could use a kind word today?

WHY IT HELPS

Connects positive words to caring actions.

TRY IT TOGETHER

Practice one kind sentence together.





S is for Strong

Try again with Hiccup.

MISSION TRAIL



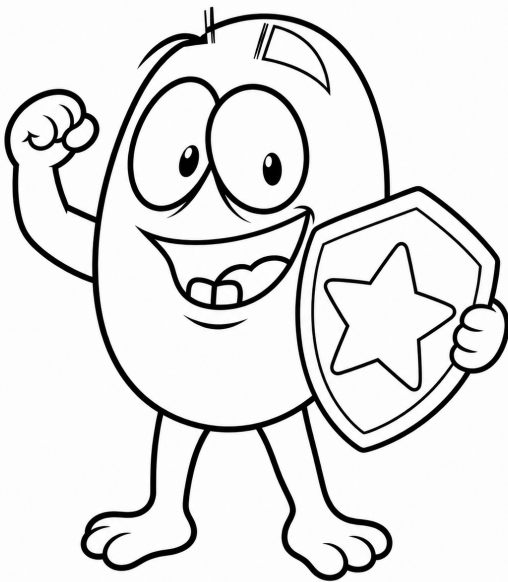
TODAY'S POSITIVE MIND MISSION

Stand tall with Hiccup's strong-thought shield.



Badge 5 of 6

S Strong
I am strong inside and out.



Hiccup is ready to try again.

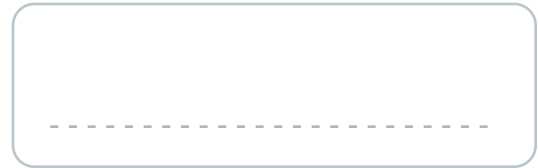
COLOR IT

Color your own star shield.



DRAW OR CHOOSE

Draw something you can try again.



TALK TOGETHER

Ask: What helps you keep going?

WHY IT HELPS

Builds persistence language for hard moments.

TRY IT TOGETHER

Name one time your child kept trying.





U is for Unique

Make Hiccup one of a kind.

MISSION TRAIL



TODAY'S POSITIVE MIND MISSION

Add patterns and details that only you would choose.



Badge 6 of 6

U Unique

I am wonderfully me.



Hiccup celebrates being one of a kind.

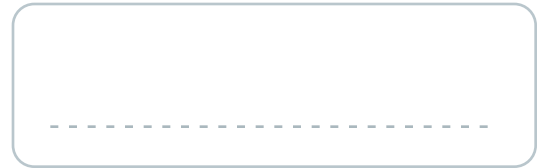
COLOR IT

Color your own pattern patch.



DRAW OR CHOOSE

Add your own dots, stripes, or tiny symbols.



TALK TOGETHER

Ask: What is something special about you?

WHY IT HELPS

Supports identity, self-expression, and choice making.

TRY IT TOGETHER

Name one quality you love seeing in your child.





Positive Mind Promise

Finish the mission pack with a promise and a badge.

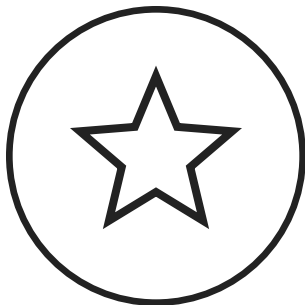
MISSION TRAIL



My Positive Mind Promise

Child name

**I can use kind words, brave choices, creative ideas,
and strong thoughts.**



Official Positive Mind Builder

Cut out this badge or color it on the page.

MISSION COMPLETE

Date completed _____

I finished all 6 Positive Mind missions!





Grown-Up Guide

A quick routine for making affirmations useful in real life.

MISSION TRAIL



1

Say it together

Repeat the affirmation slowly and warmly.

2

Ask one question

Use the page prompt to invite a short answer.

3

Praise effort

Notice trying, helping, choosing, and practicing.

4

Try one tiny action

Connect the word to something your child can do today.

5-minute mission rhythm

Read the word. Say the affirmation. Color one detail. Draw or choose one thing. End by naming one tiny real-life action.

TRY THIS TODAY

Choose one word from the pack and notice it in real life together.

