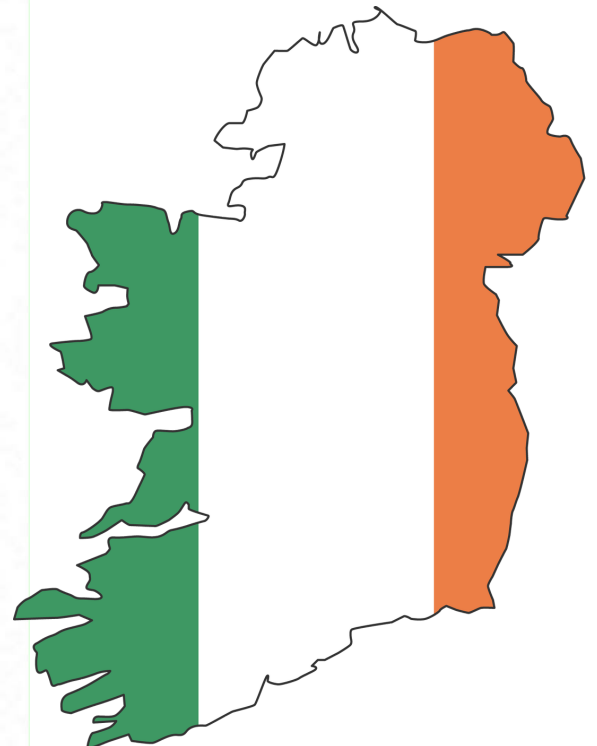


FLAT HAMRONY

Visits Ireland



FLAT HARMONY 

EXPLORER. LEARNER. HERO.



A Global Journey to Grow Your Hero Voice
with Hero Intelligence™

September 2026 © raisingempoweredkids.com





FLAT HARMONY 

EXPLORER. LEARNER. **HERO.**



My Adventure with Harmony Hare™

It's TIME to Discover Your Roar!

Getting Started

A child's self-talk is the most powerful influence in their life.

It shapes how they see themselves, how they handle challenges, and who they believe they can become.

As a new chapter begins, let's equip children — and you, their teachers and parents— with the tools to tune into the voice that lifts them up: their Hero Voice.

This Back-to-School Peace Pack™ introduces Harmony Hare and Flat Harmony, a paper-sized classroom buddy on a year-long mission to help students grow inner peace and personal power. Together, they'll discover the three voices we all have inside: the Victim, the Villain, and the Hero.



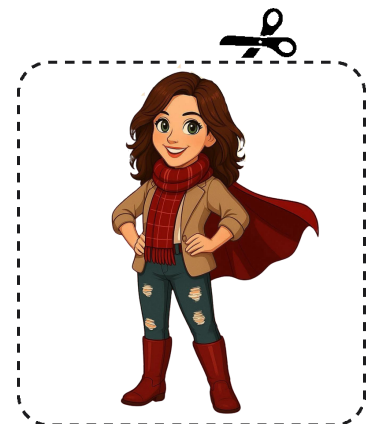
Sad Voice: "I can't. It's too hard."



Mad Voice: "I won't. I'll show them."



Hero Voice: "I can. I grow stronger with challenges."



Activate the Hero
Within

Introducing Flat Harmony™

How to Use Flat Harmony – At School & Home

Flat Harmony

Flat Harmony is more than a paper buddy — it's a daily reminder that every child (and adult!) has the power to pause, listen, and choose their Hero Voice. Here are simple ways to use Flat Harmony all year long:

How to Use Flat Harmony – For Little Learners

Flat Harmony is a paper bunny friend that helps you listen to your Hero Voice — the voice that says kind, brave, and helpful things.

Here are easy ways to use Flat Harmony every day:

At School:

- Morning Hello: Give Flat Harmony a wave each morning and say, “Today I will try my Hero Voice!”
- Desk Buddy: Keep Flat Harmony near you to remind you to be kind and calm.
- Story Helper: Hold Flat Harmony during story time or circle time. Ask, “What would the Hero Voice say in this story?”
- Kindness Missions: Take Flat Harmony on little jobs — helping a friend, sharing toys, saying “thank you.”
- Big Feelings Helper: When you feel upset, hug or talk to Flat Harmony. Ask, “Can my Hero Voice help me feel better?”

Introducing Flat Harmony™

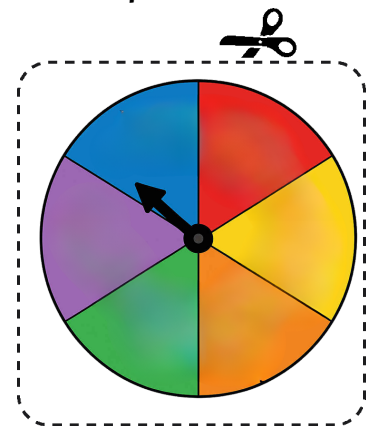
How to Use Flat Harmony – At School & Home

Flat Harmony

At Home

- **Bedtime Hero Moment:** At bedtime, share a happy moment with your child: “When did you listen to your Hero Voice today?”
- **Family Adventures:** Take Flat Harmony to the park, the store, or on trips. Take a photo or draw a picture of how your Hero Voice helped.
- **Hero Jar:** Keep a small jar next to Flat Harmony. Each time someone uses their Hero Voice, add a bead, sticker, or note. Celebrate together at the end of the week!
- **Calm-Down Friend:** When big feelings happen, hold Flat Harmony, take a deep “feather breath,” and use the Peace Pack tools (pause button, rock & feather).
- **Movie Time Hero Hunt:** When watching a family movie or show, pause and ask: “Which voice do you hear right now – Victim, Villain, or Hero?” Talk about how the Hero Voice helped the character make a kind or brave choice.

Flat Harmony is your friend for peace and kindness – at school, at home, and everywhere you go!



 The Voices Colour Wheel

Adventure Pack™ Description

Hero Toolkit: Adventure Pack™

Nine symbolic tools that help children Pause, Ponder, and Pick their Hero Voice in any situation: Build Your Own Peace Pack

Challenge: There is one extra tool not listed, can you spot it?

Peace Pack

Pause Button: A reminder to stop before reacting—your Hero breath begins here.

Traffic Light: RED = Worse, YELLOW = Better, GREEN = Same

Colour Wheel: Identify primary voices and secondary voices and match them to colors—build emotional literacy.

Feather: Breathe in peace. Light as your Hero self.

Rock: Notice when emotions feel heavy or stuck. Time to shift.

Mirror: What voice are you listening to? Who are you becoming?

Mask: Explore the roles you play. Are you pretending or showing your true self?

Cards: Choose an affirmation or daily Hero message.

Candle: Light your Hero spark. You carry the flame of peace within.



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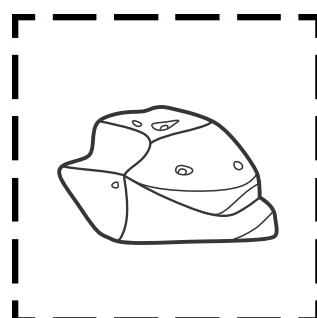
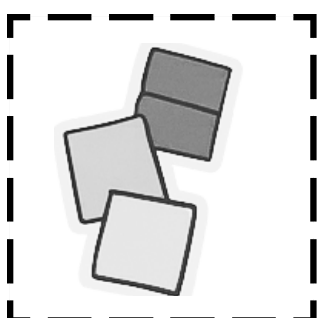
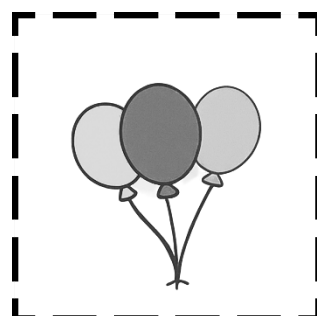
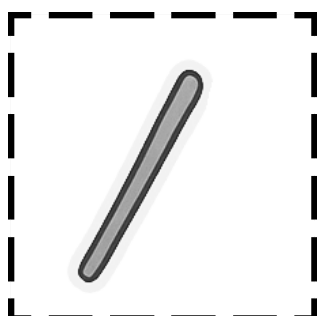
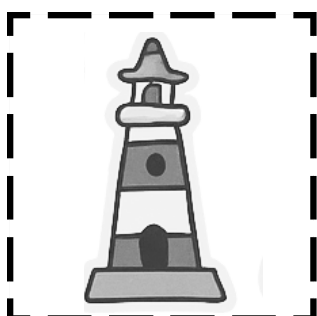
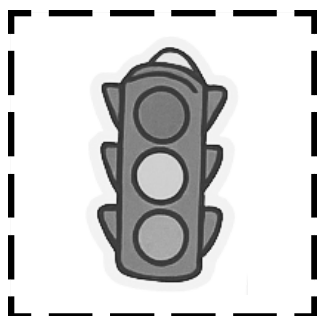
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Hero Toolkit: Adventure Pack

Pick any square. Complete



💬 Social Sharing Prompt

Share your success on social media using:
#FlatHarmony #GrowYourHero
#HarmonyHareOnTheGo

“What Tool will
help you grow
your hero?”

Snapshots from Around the Ireland



My Hero Journey Map

Draw your starting point and dream destination.
Mark where you found courage, kindness, or connection.
Add symbols like stars, footsteps, or golden doors.



The Ireland Quest Adventure Hero Award

YOU DID IT!



You've completed your Hero's journey using your Head, Heart, and Hands to spread kindness, courage, and connection across every adventure.

By choosing your Hero Voice and using your Hero Tools, you've shown that peace begins within—and ripples out through every thought, feeling, and action.



This certifies that

.....
**has successfully completed
THE IRELAND QUEST ADVENTURE**

.....
Quest Guide

.....
Date



COLOR FLAT HARMONY



FLAT HARMONY