

# FLAT HARMONY

## & The Peace Quest Adventure™



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

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# Every child has Three Inner Voices

## Victim, Villain, and Hero.

But only one leads them forward  
with confidence, compassion, and courage.

### FLAT HARMONY

Flat Harmony, a travel-ready version of Harmony Hare, is on a worldwide mission to help children recognize their inner dialogue and choose their Hero Voice—turning everyday moments into acts of peace and personal power.

With the help of symbolic tools, playful challenges, and values-based missions, kids will pause, ponder, and practice leading with their Head, Heart, and Hands—the Hero Intelligence™ way.

Your printable paper hero—perfect for backpacks, classrooms, libraries, landmarks, and global travels.

Flat Harmony guides children to:

- Use symbolic Hero Tools to support emotional regulation and decision-making.
- Take small peaceful actions with global ripple effects.

- Recognize and name the Three Voices:
  - The Victim Voice: “I can’t. It’s too hard.”
  - The Villain Voice: “I Won’t. I’ll show them.”
  - The Hero Voice: “I can. I grow stronger with challenges.”



Color, cut-out,  
Flat Harmony!

# Peace Pack™ Description

Hero Toolkit: Peace 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?

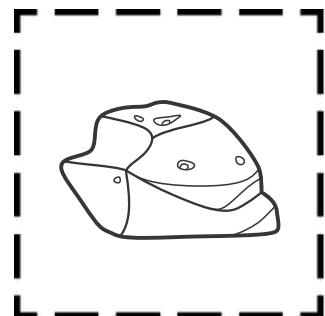
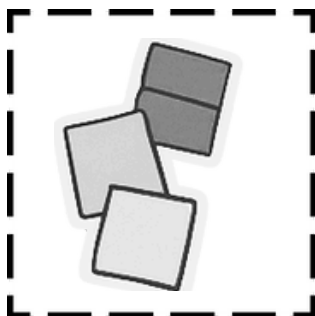
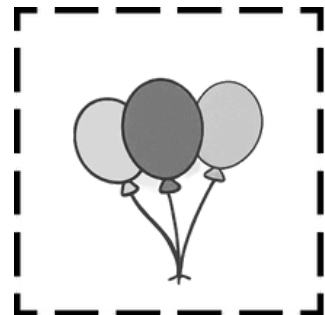
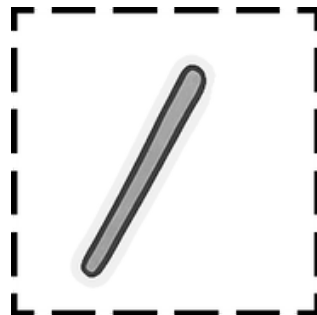
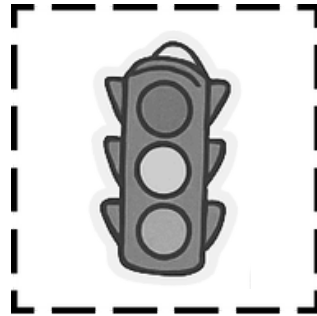
**Cards:** Choose an affirmation or daily Hero message.

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



# Hero Toolkit: Peace 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?”

# Hero Toolkit: Peace Pack™

Nine symbolic tools that help children Pause, Ponder,  
and Pick their Hero Voice in any situation:

**PAUSE  
BUTTON**

**TRAFFIC  
LIGHT**

**COLOUR  
WHEEL**

**FEATHER**

**ROCK**

**MIRROR**

**MASK**

**CARDS**

**CANDLE**



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“What Tool will  
help you unlock  
Your Hero Head,  
Heart and  
Hands?”

# The Peace 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 PEACE QUEST ADVENTURE**

.....  
Quest Guide

.....  
Date

