

'Hata'

## Some interesting facts about Hata



Hata's superpowers are kept safe inside her body, inside her heart, home of the special Heart chakra. Hata's special symbol HEART, is also which reminds us every day that all we need is love. Firstly, we need to love ourselves and always remember how special and unique we all are. If you look into a mirror every day and say, "I am Love, I Love myself, I am Special", then, like Hata's heart, love will always find its way to you...through kind words, hugs, happiness and laughter!

I am Hata, loving and open  
With a heart as big as the universe...

I am... **Camel**

**Hata says... I am Love, I am Forgiveness, I am Now**

Hata loves... to show the many different ways in which love is always around us around us A smile, a hug, listening to music, singing, dancing, playing in nature, sharing your toys, spending time with loved ones, and kind words such as "Thankyou" are all ways in which love finds its way into our lives each day. Saying sorry when we have done wrong or saying "I Forgive you" when we are able to let go of anger and sadness if somebody has hurt us, are also signs that love is always around us.

Just like Hata we all have so much we can love about ourselves and it's important to remember how amazing we all are. Use the box below to draw all the of the things you Love about being you it might be your smile or that you make everyone laugh or how fantastic you are at sports.

