

The UnHour Toolkit

by

KinderFarms



The UnHour

**One hour.
No screens. No pressure.**

**Just a small window for you
and your family to connect.**

**When kids feel loved, seen and connected,
they're more likely to open up.**

Start anywhere. See what happens.

KinderFarms



The UnHour Is Brought To You By

**Kinder
Farms**

About KinderFarms

At KinderFarms, we believe kids deserve less. Less overscheduling, less noise, less unnecessary ingredients.

We make effective hydration drinks and OTC medicine for kids, backed by science, approved by parents, and built on a simple belief: care shouldn't come with a long list of stuff they don't need. Made without artificial sweeteners, dyes, or flavors, because less, done right, is always enough.



Devon Kuntzman

Devon Kuntzman, PCC, is an ICF-certified parenting coach, toddler expert, founder and author of Transforming Toddlerhood. She is known for developmentally smart tools that help parents handle challenging behavior with confidence, calm, and connection.



Look for the heart icon for Devon's favorites!

KinderFarms



Please enjoy 15% off
KinderFarms products
on Amazon with
this exclusive code:
UNHOUR15



One coupon per person. Limited time offer.

KinderFarms



How To Use It

Pick a moment.
Choose an idea.
Keep it simple.
Repeat when you can.

It's ok to put your phone away.
Don't worry about capturing these
moments. You can just be in them.

Ideas inside:

Super Simple
Conversation Games
Indoor Sparks
Outdoor Adventures
Something Kinder

KinderFarms





Super Simple

When you're out of energy
– and out of ideas

KinderFarms



Rhyme Time



Say a word and take turns rhyming it for as long as you can. Words can be real or nonsense.

KinderFarms



Little Betters

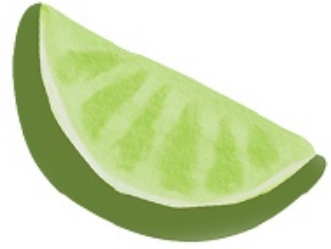


Ask what little thing could help make something just a little better, then do exactly that. Keep it simple and immediate.

KinderFarms



Feelings Fun



Act out different feelings – big, small, silly – and guess what they are. When do you feel each of these?

KinderFarms



Worst Idea Ever



Pick a thing - school, bedtime, food, or a rule, and invent the worst version of it you can.

Then, make it worse.

KinderFarms



Pass The Calm



Pass an object and take a deep full breath each time it comes to you. See how slow you can go.

KinderFarms



One Sentence Story



Start a story and build it one sentence at a time. Let it get weird – don't fix it.

KinderFarms





Conversation Games

When you want connection without pressure.

Silly, surprising questions that open things up fast.

KinderFarms



The Real You



What's the best part about being your age?

What's the hardest thing about being your age?

What's something about you that people don't understand yet?

KinderFarms



Secret Superpowers



What are you better at than most people?

What's something small I do that you really like?

KinderFarms



Silly Futures



What advice would you give younger kids?

What advice would you give parents?

If you went to outer space, what would you bring to tell aliens about life on Earth?

KinderFarms



Memory Makers



What do you want to teach me?

What's one thing you wish we did more of together?

If you could freeze one moment forever, what would it be?

KinderFarms



Best Day Ever



What does your best day ever look like?

Get really specific and sensory experiences: smells, tastes, clothes, sounds, movement, transportation, who's there, is there a surprise gift or guest?

KinderFarms



Flip The Script



What have you always wondered about me?

What do I do that drives you crazy?

What's something you wish I asked you about more?

KinderFarms





Indoor Sparks

When you're stuck inside
and energy builds.

Quick ways to redirect it
without needing space.

KinderFarms



Make A Drink



Mix whatever you have into a new drink.
Make it a potion: give it a name and decide what it's "for."

KinderFarms



Snack Design



Take a few foods and turn them into something new. Name it, plate it, and decide if it's actually good.

KinderFarms



Trail Mix

Build your own mix with what's around. Trade, remix, and compare what everyone made.



KinderFarms



Freeze And Melt



Call out things like
“Freeze like an ice cube,”
“melt like a popsicle,”
“pop up like popcorn,”
or “curl up like a sleepy
puppy.”

Take turns choosing
what to become next.

KinderFarms





Outdoor Adventures

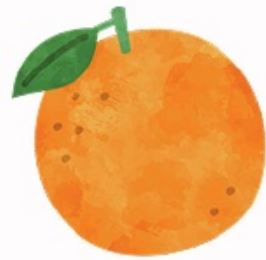
When you need to
get outside.

Simple ways to
move, explore, and
loosen the day.

KinderFarms



Cloud Stories

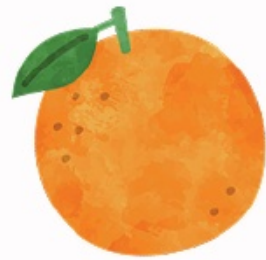


Pick a cloud and decide what's happening in that moment. Add what just happened and what's about to go wrong.

KinderFarms



Stick Engineering

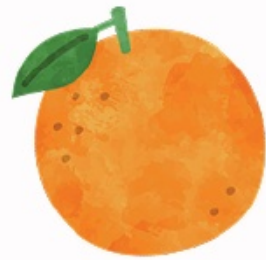


Find a few sticks and build something that's supposed to do something. Test it, change it, or turn it into something else.

KinderFarms



Shadow Tag

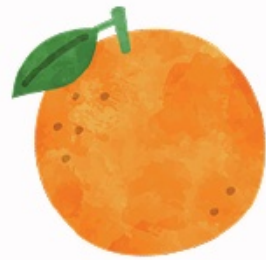


Chase and tag each other's shadows instead of bodies. Move fast, change angles, and stay in the light.

KinderFarms



Mission Walk



Pick a mission before you head out: find something tiny, something rough, something moving, or something surprising. Compare what everyone finds and why they chose it.

KinderFarms



Backyard Challenge Course



Call out movement challenges using whatever is around you: hop to the tree, tiptoe to the sidewalk, freeze at the fence. Take turns making the next challenge.

KinderFarms





Something Kinder

Small acts that shift
the tone...
simple ways to show
love and gratitude.

KinderFarms



Thank-You Note



Write a thank-you to someone for something they wouldn't expect. Include a detail that shows it really mattered.

KinderFarms



3 Compliments



Give three kinds of compliments:
one specific,
one unexpected, and
one about who they are.

KinderFarms



Kindness Drop



Make a small note or drawing and leave it somewhere for someone to find. Imagine who finds it and when.

KinderFarms



TYSM



Thank your child for something they had to do anyway. Make it specific so it actually lands.

Example: Thank you for coming to the store with me! I love finding your favorite foods together.

KinderFarms



How Was It?

Please let us know
@kinderfarms

As a thank you, please enjoy
15% off KinderFarms
products on Amazon
with this exclusive code:
UNHOUR15



One coupon per person. Limited time offer.

KinderFarms

