



HuggyHabits

Meet the Cast

STANDARD EDITION

Spark & Anvil

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This book collects 3 chapter books from the HuggyHabits cast — each character embodies a different curricular primitive; together they teach the full subject.

Methodology: distributed-narrative learning per Bruner narrative-cognition + Habgood intrinsic-integration + SAMHSA TIP 57 trauma-informed register.

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For everyone who learns by hearing a story first.

Contents

[Copyright & License](#)

[Contents](#)

[Introduction](#)

Snooze

Scrub

Bounce

[About Spark & Anvil](#)

[More chapter books from Spark & Anvil](#)

[Methodology](#)

[License](#)

Introduction

The HuggyHabits cast was authored to embody the curriculum, not decorate around it. Each of the 3 characters you'll meet in this book teaches a specific primitive — a particular tactic, a particular technique, a particular way of seeing. Together they form an ensemble: the cast IS the curriculum.

Read in any order. Each chapter stands alone.

Each character also appears in the matching Spark & Anvil app (free, forever) where you can practice what they teach.

— *The editors at Spark & Anvil*

Snooze

*BEDTIME WINDING-DOWN — *slow down. tuck in.**



Snooze is a pale-cream sloth-kid in footed pajamas with little stars on them, a pillow tucked under one arm, and a soft warm-amber nightlight glow around her wherever she goes. She moves *very* slowly — she's a sloth, after all — and she always looks wonderfully cozy. She lives in Hug's bedtime-corner, a warm little spot full of soft blankets.

Snooze's special skill is *winding down for sleep*. She knows a big secret: you can't go from running-around-fast to fast-asleep in one second. You have to *slow down* first — and slowing down is the bridge that carries you gently to sleep. She holds up her pillow, yawns very, very widely, and says her gentle words: "Slow down. Tuck in."



Snooze learned her secret on a night she just *couldn't* fall asleep.

She'd been playing fast and loud right up until bedtime, and then, tucked in, her heart was still racing and her mind was still zooming. She squeezed her eyes shut and *tried* to sleep, but trying only made her more awake.

Then her grandpa sat on the edge of the bed and said, so softly, "Don't leap into sleep, little one. *Walk* into it. Slow your body down first — like a swing coming gently to rest." So Snooze slowed her breathing, hugged her pillow, let the lights go low — and, bit by bit, the zooming quieted, and sleep tiptoed in all on its own. "That's when I understood," Snooze says with a slow smile. "You don't *catch* sleep. You slow down, and it comes to *you*." She's helped everyone find that slow, cozy bridge ever since.



Today, Hug brings the kid to the bedtime-corner to visit Snooze. Hug is right there, and a grown-up too.

"Watch Snooze yawn," Hug says. "Then YOU slow down. Slow down, tuck in. Pajamas. Brush teeth. Snuggle. Lights low. Sleep."



Snooze walks the kid through it, gently and slowly. First, slow down — stop the fast, loud playing. Then pajamas. Then brush teeth (visit Scrub!). Pick a story. Snuggle in. Lights low. And then, softly, sleep comes. A grown-up helps with every step — reading the story, turning off the lights, giving a goodnight hug — because bedtime is for snuggling *together*. And Snooze *never* says "you should be asleep already" or "why aren't you sleeping yet?" If the kid is having a hard time drifting off, she just yawns wider and says, warmly, "Slow down. Tuck in," and the family keeps trying, gently, together. And if the kid skips the bedtime routine one night? That's okay too — Snooze never makes anyone feel bad about a skipped night. "Welcome back!" she says, whenever the kid returns. Her pillow is always with her, a soft little reminder that cozy is good — cozy means safe, cozy means soft, cozy means ready for sleep — and when sleep feels far away, that cozy feeling helps it come closer.



"Slow down. Tuck in." That's Snooze.

And when the kid finally slows all the way down — pajamas on, teeth clean, snuggled deep in soft blankets with the lights low and a goodnight hug given — a calm, safe, cozy warmth settles all through them, quiet and snug, like being gently rocked to rest. That warm, safe, tucked-in feeling — soft and slow and glad — is the very best part of bedtime, the sweet, sleepy bridge that carries you off to dreams.

Scrub

*BRUSHING + HYGIENE — *brush brush. all clean.**



Scrub is a soft russet otter-kid in a waterproof apron and tiny rubber boots. She carries a chunky pastel toothbrush in one paw and a little bar of soap in the other, and bubble-sparkles float around her wherever she goes. She lives in Hug's washing-corner — a small sunny spot near a little sink.

Scrub's special skill is *gentle cleaning*: brushing teeth, washing hands before meals and after the bathroom, splashing in warm baths — all with care, and all with bubbles. (She loves bubbles.) She holds up her toothbrush, makes little brushing motions, and says her gentle words: "Brush brush. All clean."



Scrub didn't always love washing up. When she was very little, she thought it was a boring chore that got in the way of playing.

Then one bath-time, her grandma squeezed the soap just right and a whole cloud of bubbles rose up — shining, floating, popping with tiny rainbows. Scrub laughed and chased them, and suddenly washing wasn't a chore at all. It was *play*.

"That's my whole secret," Scrub says. "The bubbles turn washing into bubble-time. Even brushing your teeth makes tiny toothpaste-bubbles!" From then on she found the fun in every clean-up — and she's been sharing the bubbles ever since.



Today, Hug brings the kid to the washing-corner to visit Scrub. Hug is right there, and a grown-up too.

"Watch Scrub bubble," Hug says. "Then YOU brush and wash. Brush brush, all clean. It's bubble-time!"



Scrub shows how. For teeth: top, bottom, all around, gentle on the gums with a soft brush — then spit, rinse, done. For hands: wet them, lots of soapy bubbles, rub *everywhere*, sing a little song (Scrub teaches the song!), rinse, dry. For baths: warm water (a grown-up checks it's not too hot), bubbles, a gentle wash, out you get, dry off, and cozy pajamas. A grown-up always helps — squeezing the right bit of toothpaste, turning on the warm water, checking the bath — because washing is for doing *together*. And Scrub *never* shames a missed spot. If a tooth got skipped, she just chirps, cheerful and gentle, "One more spot — brush brush — all clean!" And if the kid skipped brushing one whole day? Scrub doesn't make a big deal of it at all. "Welcome back!" she says, and back to the bubbles they go. No shame, ever, for a skipped day.



"Brush brush. All clean." That's Scrub.

And when the last of the bubbles is rinsed away, the kid feels warm and fresh and happy — clean hands, clean teeth, a cozy glad feeling all over, like being wrapped up snug after a splashy good time. That warm, fresh, snug feeling — soft and clean and glad — is the very best part of bubble-time.

Bounce

*BODY MOVEMENT — *bounce a little. feel good.**



Bounce is a warm-amber fox-kit in a soft athletic-tee and chunky sneakers, with a rainbow scarf that flows behind her as she moves and little motion-dotted lines trailing after her. She lives in Hug's bouncing-corner — a small open spot with soft mats.

Bounce's special skill is *moving for the feel-good*. She knows that moving your body makes your body *and* your mind feel good. Wiggle your arms. Jump in place. Stretch up tall. Bounce a little. Skip across the room. When you've been still for a while, a little movement helps everything feel better. She bounces in place, her rainbow scarf swirling, and says her gentle words: "Bounce a little. Feel good."



Bounce found her feel-good on a droopy, sat-still-too-long afternoon.

She'd been curled up quiet for ages, and everything felt heavy and grey and a little grumpy. Then, almost by accident, she gave a great big stretch and a hop — and *whoosh* — something woke up inside her: warm, tingly, wide-awake, and glad. Her scarf danced. Her grumpies floated away.

"That was the whole secret, right there," Bounce says. "It didn't take a long, hard exercise. Just a *little* bounce — and my whole self felt better." From then on, whenever the droopies crept in, she'd bounce them off — and she loves sharing that feel-good with everyone.



Today, Hug brings the kid to the bouncing-corner to visit Bounce. Hug is right there, and a grown-up too.

"Watch Bounce bounce," Hug says. "Then YOU bounce. Bounce a little, feel good. Wiggle. Stretch. Skip. Whatever feels good."



Bounce shows how — and here's the wonderful part: a movement break can be *tiny*. Even one minute of bouncing or stretching helps. You don't have to do anything long or hard; a little is plenty. A grown-up can bounce along too, because moving is fun *together*. And Bounce cares about only one thing when you move: how your body *feels*. Warm, awake, a little tingly in a good way — that's bouncing's gift, and *every* body that bounces gets it. If the kid doesn't feel like bouncing today, that's completely okay; skipping doesn't make Bounce the least bit sad. She just smiles and says "Welcome back!" whenever the kid wants to bounce again. Her bright rainbow scarf dances when she moves — that's the *visible* feel-good — and when the kid moves, they feel their own kind of feel-good, warm and awake and glad.



"Bounce a little. Feel good." That's Bounce.

And after a good little bounce — a wiggle, a stretch, a hop or two — the kid feels it spread all through them: that warm, awake, tingly-in-a-good-way gladness, cozy and bright, like their whole body just woke up smiling. That feel-good glow, that *my-body-feels-happy* feeling, is the very best part of moving — and it belongs to every single body that bounces.

About Spark & Anvil

Spark & Anvil is a 501(c)(3) public charity. We make educational apps for ages 9-14 — all free, forever; no ads; no tracking; no in-app purchases. HuggyHabits is one of 140+ apps in the portfolio.

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- **ProofQuest** — formal proof techniques through Direct-Proof Dora and the Lemma Library
- **CuriosityQuest** — Texas geography exploration through Linger, Notice, and the Lantern in the Dark
- **QuillSpell** — spelling craft through the Word Wizard cast
- **SynaForge** — sensory-affirming creative tools through Lull, Soften, and the Quiet that is Also Creating

Methodology

Distributed-narrative pedagogy per Jerome Bruner (narrative-cognition) + Sebastian Habgood (intrinsic-integration in educational games) + SAMHSA TIP 57 (trauma-informed register).

Trauma-informed-design framework per Eggleston et al. (2025) and Stoltenburg et al. (2024).

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