

DISCUSSION AND ACTIVITIES GUIDE

I've got a **FEELING**

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INTRODUCTION

This children's book describes the different ways our body speaks to us through our intuition.

Pick and choose which themes and activities you want to explore depending on your child's age and interests. Feel inspired? Create your own activities to support your child's sense of wonder as they tune into their intuition.

Before we start...

You might ask, "What can I do to help foster my child's intuition?" The quick answer is to start nurturing your own. Children are sharp-eyed. If they see you attend to your intuition, they will notice and start respecting their own.

Nurturing your intuition

Become more present in your own life. Life is hectic – and that's an understatement! Many of us are juggling many things at once. We can't see the most obvious, let alone tune into the more subtle aspects of life. Cultivating a sense of authentic presence is a work in practice. So here are some tips to get you started...

1

Sense how different parts of your body feel.

Get comfortable and close your eyes. Start at the head and move through the different parts of your body right down to your toes. Focus on your breath as it goes in and out. If your breath is rapid, shallow, constrictive, or seems to stop at the chest – that may be a sign of stress. Take a deep breath that fully reaches your belly. Notice the parts of your body that carry tension, and with each exhale, let go of it. Stress comes in different forms. Negativity, anger, poor diet, trauma and dis-ease can interfere with your ability to tune into your body. It also throws your intuition out of whack.



2

Get out of your head and move into your heart.

We live in a world where thinking and using words are highly valued. We often dismiss our heart intelligence. Open your heart to let something new and incredible come into your life. Spend time in nature, practice forgiveness, perform a random act of kindness, feel your feelings, ask your heart what it wants. Asking your heart what it desires is a big step towards feeling your intuition.



3

Ask for help and allow yourself to receive it.

When we find the courage to ask for help and are open to receiving it, we embrace our vulnerability and permit others to do the same. Don't be afraid to ask for help from others and guiding Source. Asking for help and receiving it are acts of love and kindness towards the Self and others. It helps us draw on our sense of humanity and oneness and, ultimately, our intuition.



4

Grow your sense of curiosity, wonder, and gratitude.

Allow yourself to be surprised. Pay attention to what's happening in the here and now. Intuitive signs can come from anywhere – a song, a book, a movie or TV show, artwork, road signs, and billboards. Signs can also come from conversations, the challenges we face, and serendipitous events like meeting the right people at the right time doing the right things. Practicing gratitude helps you focus on abundance. You will start to feel a world that is eager to support you. Gratitude opens the heart and connects you to your intuition.



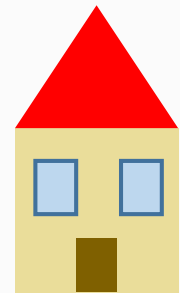
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Create a grounded home

Just as people and animals have a particular energy, so do places. It's easier to tap into one's intuition when going to a peaceful room, special place, or quiet space. It should be clean, organized, and filled with objects that comfort the spirit and bring joy.

You may also want to:

- Donate or recycle items that you don't use or that doesn't bring joy.
- Paint the walls in calming colours.
- Bring in nature – house plants, fresh flowers, or plant an herb garden.
- Open the blinds or shades to let in the sunshine.
- Play beautiful music.
- Take disputes outside or open windows to let the negative energy out.
- Reduce the noise. Spend time away from your television and social media. Make your bedroom a place of restoration, healing, and regeneration. That means no television, computers, or cell phones.



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Building on your intuitive foundation

Take a few moments to reflect on the following questions:

1. How do you feel about following your intuition?
 - What makes this easy or difficult for you?
2. How do you feel about being more present for yourself?
 - What (if anything) can you add or eliminate to be more present in your life?

DISCUSSION AND ACTIVITIES

1 Emotions and feelings

An emotion is a physiological experience that gives you information about what is happening in your world. A feeling is your awareness of the emotion itself. Sometimes there is a disconnect between the two. Someone can have an emotion and demonstrate behaviours relating to it but don't feel it or identify with it. We learn at an early age to repress, suppress, and avoid feeling our emotions until we blow up or break down. We need to feel our emotions to process them, interpret them, work with them and ultimately move them out of our bodies when they no longer serve us. The most common emotions are happiness, sadness, anger, fear, surprise, and disgust.


Feelings are like superhighways that help us connect with ourselves and with all living beings. They motivate us to act in specific ways and allow others to understand us better. When we interact, we give verbal and non-verbal signals as to how we are feeling.

Let's see how our emotions and feelings are connected...

- **Happiness** is linked to achieving a goal and being satisfied with the outcome. You might have more energy, motivation, and self-confidence. You might feel safe, secure, a sense of pride, excited, calm, or at peace.
- **Sadness** is linked to loss, rejection, not reaching a goal, or not getting a wish fulfilled. You might have less energy and motivation. You might feel lonely, heartbroken, disappointed, helpless, hopeless, unhappy, grieved, low, blue, or simply down.
- **Anger** is a protective reaction. You might experience it when you live some type of injustice. It also lets you know that someone has disrespected your boundaries or that something did not quite go the way you were expecting. You might feel annoyed, frustrated, peeved, irritated, mad, bitter, cheated, or insulted.
- **Fear** is an emotion of anticipation. You might experience fear when you sense danger or a potential or actual threat. It prepares you to act – to flee, to fight, and in some cases – to freeze. Fear can make you feel worried, nervous, doubtful, terrified, or stressed.
- **Surprise** is caused by unexpected events that bring imminent change or a revelation that goes against your perceptions or views. You might be surprised initially, but that fades and gives way to another emotion and its related feelings. For example, you might be surprised that someone stole your favorite book and then be angry and feel disappointed.
- **Disgust** is a reaction to unpleasant situations. Like anger, it can protect you from situations you want to avoid. You might feel dislike, offended, uncomfortable, nauseous, or aversion.

When we talk about having a “gut feeling,” we are referring to our intuition. Intuition also creates genuine feelings in our bodies. When you start to notice them, you can listen to what these feelings are telling you.

Learning objectives

	After this session, you and your child will be able to: <ul style="list-style-type: none">• identify basic emotions and name related feelings• locate and describe how you sense certain feelings in your body
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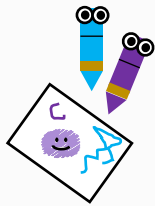
Activities

1. With your child, identify words to describe feelings. Brainstorm together or search the Internet for inspiration.

- Ask your child to pick two words from the list of words you created to describe feelings.

For each feeling word:

- Ask your child to select two colors of magic marker or crayon that best express that feeling word.
- Ask your child to draw how they would represent their chosen feeling word(s) on paper.
- Share your drawing and colours with your child for each of your selected feelings.

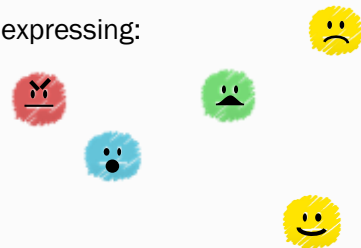


2. Ask your child what makes them happy, sad, angry, scared, surprised, or disgusted.

- Ask your child what they do when they experience these emotions.
- Ask your child where they feel different emotions in their body. For example, where do they feel happiness, sadness, anger, fear, surprise, or disgust in their bodies?
 - You can ask them to point to a part of their body or encourage them to use a character in the book to do the activity if they feel more comfortable doing so.
- Share with your child some of the emotions you experience, how you process them, and where you feel them in your body.

3. Ask your child what emotion the following book characters are expressing:

- the boy on the cover
- the girl in the superhero costume
- the cat under the bed
- the girl behind the tree and the dog
- the boy next to the buzz-beemobile
- the cat sitting next to the girl under the tree



***There are no right or wrong answers. Let your child express themselves. This will give you insights into how they experience their world and how they respond to situations and events in their lives.

4. Check out the colouring pages and invite your child to add their intuitive touch to the drawings. You can find the colouring pages as part of the Activity Sheets on my website: www.chantal-martin.com.

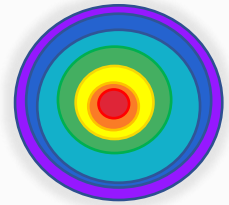
2 Your body's intuitive language

The most important conversation you will ever have is with yourself. It is ongoing and lasts throughout your life – so it's essential to understand how your body speaks to you and how you respond to it. Your body has its own language.

For some people, intuition feels like subtle, vibrating energy that starts in the heart and moves to the gut, chest, and throat. Following our intuition can be challenging because it doesn't always tell us what we want to hear. It can wreak havoc with our plans, asks us to challenge and ask questions, and can make us change how we feel about someone or something.

When gaging how something feels to you, ask yourself the following questions:

- How does it feel?
- Does it feel right?
- Does it feel safe?
- Does it or will it help or support me?



Be careful when using words to describe your intuitive experiences. When we label feelings as “weird” or describe intuitive experiences as “strange coincidences,” we discount or dismiss them. Using these words or expressions gives us the idea that intuitive experiences are flukes, one-ups, and that we can't trust them.

Learning objectives



After this session, you and your child will be able to:

- describe how intuition shows up in the body
- identify words to describe various intuitive experiences

Activities

1. What words or expressions do you think the author uses in the book to describe intuition?
 - Possible answers: I've got a feeling, star voice, guess, deep-down instinct, sense knowledge, knowing, muse, inspiration, spark that makes you come alive, fire, intuitive dance, heebie-jeebies, sense of fright, trusted advisor, sixth sense, inner guide

2. Ask your child what the “i” on the girl's superhero costume represents to them. What does it mean to you?



3. With your child, make a list of words that you could try on to express your intuition in action. Here are some examples:

a gut feeling	an inner voice	a vision
a gut instinct	an inner truth	a premonition
an inner wisdom	an inner guidance	an insight
a knowing	an awareness	a sixth sense
a hunch	a sense	an inspiration
an “aha” moment	a vibe	?
your Source's guidance	your Source's voice	?

4. What words or expressions could you use to express a positive, intuitive feeling and a negative one? Discuss with your child.
5. Discuss with your child how intuitive feelings can show up in the body. You may want to share a situation where you have experienced each of the following:

- Goosebumps
- Blocked feelings - like a lump in the throat
- General feelings of discomfort
- Gut feeling or a pit in the stomach
- Chills or tingling rush of energy up the spine or arms
- Feeling of being relaxed and feelings of lightness
- Stiff or heavy feeling
- Expanded or compressed heart



Invite your child to do the same.

6. Check out the activity sheet – Intuition Word Search to discover more words on intuition. You can find the activity sheets on my website: www.chantal-martin.com
7. Check out the activity sheet – What’s Intuition? and double your fun by completing the Double Puzzle. You can find the activity sheets on my website: www.chantal-martin.com

3 Listening to your Intuition

Sensing and intuition are related to how we take in and sort information. Sensing is about paying attention to the details that come through our five senses – what you see, hear, touch, taste, and smell. Intuition is about seeing relationships, connections, patterns, or feeling an overall impression. Intuition works best when you take in the information from all your senses.

Intuition can help us make better decisions by directing our attention to the best ways of achieving our goals. It alerts us to potential problems and dangers. It protects us and keeps us safe.

- Were you told to give uncle “Gary” a hug or aunty “Jane” a kiss when growing up?
- Did your caretaker answer questions meant for you?


If you experienced one or both of these situations, how did it make you feel?

Boundaries are a way of creating personal protection. We need to assess someone’s energy and determine whether or not we are at ease with them before truly opening up. We do this as adults, but kids do it too! Forced intimacy leads us to lose touch with our intuition. When we impose rules of politeness, we run the risk of overstepping our child’s boundaries without realizing it. So offer them comfortable and self-respecting ways to be polite – like say “Hello” or wave. Let them choose how they want to express themselves.

Don’t discount their worries. You may not be able to see something, but it is real to them. Listen to what they have to say – without interruption, fixing, cutting them off, or shutting them down. Ask them how they are feeling and how you can help.

Let your child answer when someone asks them a question. Doing so will help them find their voice and build confidence.

Learning objectives

	After this discussion, you and your child will be able to identify situations when you call upon your intuition to find solutions to problems or take advantage of opportunities.
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Activities



1. In the book, a child feels someone they love will visit them and do. Ask your child to describe when they had a vision or a sense that someone would visit them, and they did. How did they feel about it?
 - You could also ask them about when they sensed that something would happen, and it did.



2. In the book, a child dreams of a buzz beemobile, and it appears for real. Ask your child to describe a dream that came through. How did they feel about it?

3. Ask your child to describe a time when their body spoke to them loudly and a time when it spoke to them softly. What message was their body trying to tell them?

4. Discuss with your child what “drumming to your own beat” means.



5. Discuss with your child what the lighthouse symbolizes in the story.

6. In the book, there is a girl behind a tree. Ask your child what reasons could explain the girl’s behaviour? Would your child do the same if they faced the same situation?

- Share with your child how you feel when something is not quite right. Invite them to do the same with you.

7. Ask your child to find all the animals in the story. Pick one or two and create a story. How does each animal relate to the concept of intuition? Brainstorm with your child or research the Internet. Make a list of the ways you can apply an animal’s intuitive insight into your life.

- Potential answers: bear, cat, rabbit, chicken, crab, fish, dog, bee, goat, seagull, bat, dolphin
- What is your favourite animal? What qualities does it have that could be associated with intuition? What traits and intuitive insights could you apply in your life?



8. Spend time with family doing any special activity to help feel each other’s vibes.

- You may want to organize family dinners where each family member takes a turn to “check-in.” They could express how they feel, say what (if anything) is troubling/challenging them, and explain what they need from other family members.
- Describe each family member’s unique vibration. What makes them special – a gift that makes them unique.

9. A stranger approaches your child. Ask your child what they would do. What would their intuition tell them to do? Where would they feel that intuition in their body?

10. A friend of your child wants them to steal some candy at a store. Ask your child what they would do? What would their intuition say to them? Where would they feel their intuition in their body?
11. Friends of your child are calling another child some names and bullying them on the playground. Ask your child what they would do? What would their intuition say to them? Where would they feel their intuition in their body?
12. Check the activity sheets – Amazing You! - to navigate the maze and find the star – YOU. You can find the activity sheets on my website: www.chantal-martin.com



4 Fostering a sense of play

We all bring and contribute something different to the world. As kids, we can directly access our intuition through creative outlets. We are spontaneous and create without any inhibitions. When we create art – dance, sing, tell a story, or draw, we share our inner world and soul. We are taking risks...

Perfectionism and fear can stifle creativity. The fear of doing something wrong can even paralyze us. We grow up listening to our fears instead of our hearts. These fears deafen our intuition and dim our light. There's nothing wrong with setting goals. But, if you validate your self-worth on how others see you or if you try to live up to other people's expectations, you live in the shadows of your greatness and potential. You will strive without truly arriving. You've probably heard of stories where kids carry the burden of their parents' expectations and ambitions. These kids live in constant fear of disappointing their parents and of losing their love.

How many times were you also told you couldn't play before you completed your work? Let's get real – we never check everything off on our to-do list. We keep adding things to it! We need to carve some time to have fun and for self-care activities.

Taking time to have some fun helps you connect with your child. You might even connect to your inner child.

Learning objective



After this discussion, you and your child will be able to identify ways to foster a sense of play.

Activities


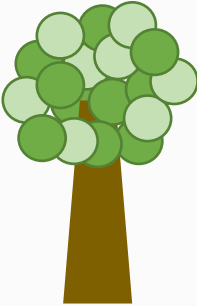


1. With your child, identify activities that children in the book like to do.
 - Ask your child what they love to do and what they care about.
 - Ask your child what they like to learn at school. What would they like to do as a career?

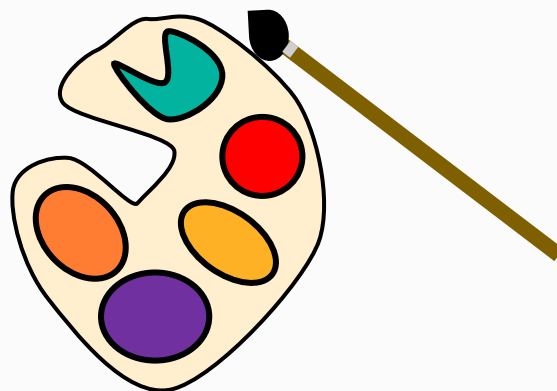
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2. In the book, there is an image of a boy who has bits and bursts of intuition. Pick 5 things from the bits and burst cloud and create a story or song with them.
3. You might also try with your child:

<p>Express yourself using art.</p> <ul style="list-style-type: none"> • Paint a picture • Write a story • Sing a song • Dance to different music • Create a new recipe • Decorate cookies • Build a snow, sand, or stone creature 	<p>Play the "I wonder..." game.</p> <ul style="list-style-type: none"> • Share one new thing you notice about your child. Invite your child to do the same. • Share some aspect of your neighborhood that has never caught your attention. Ask your child to do the same. • Try to guess who is calling on the phone or who is at the door. Ask your child to do the same. • Ask your child to draw a dragon cloud. Draw your own and share with your child. <p>You can't be wrong because... it's not a test.</p>	<p>Plan an outing to introduce your child to new situations:</p> <ul style="list-style-type: none"> • Go on a camping trip • Visit an unfamiliar part of town or a neighboring city • Attend cultural art performances • Travel to a different city or country 
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4. Check out the activity sheets – Draw and Colour to draw your artistic inspiration. You can find the activity sheets on my website: www.chantal-martin.com



5 Finding quiet time

Embracing your intuition leads to a life of inner peace, creative expression, and assurance. Slowing down allows your intuition to shine through.

Learning objectives


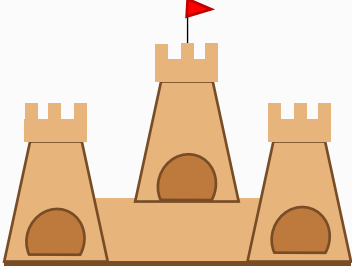
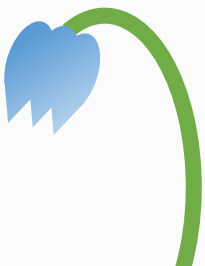
	After this discussion, you and your child will be able to: <ul style="list-style-type: none">• identify ways to encourage quiet time• practice quiet time with your child
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Activities

1. Brainstorm with your child ways to enjoy quiet time. Ask your child...

- what they love to do.
- about their favorite ways to relax.
- about where they like to relax.

2. You might also try with your child:

<p>Meditation</p> <p>Meditation clears away the mental noise and distractions that prevent you from noticing things in the present. It's about relaxing the body, resting your emotions, and quieting the mind. Set small goals to start. There are some free meditation apps out there. You can follow a guided meditation or set the timer for a few minutes.</p> 	<p>Time in nature</p> <ul style="list-style-type: none">• Plant a garden.• Lie on the ground and watch clouds move across the sky or count the stars.• Lie on the beach and listen to the waves or build a sandcastle.• Sit quietly in a rocking chair or hammock and rock gently. 	<p>Other activities:</p> <ul style="list-style-type: none">• Listen to music with your eyes closed.• Create art – paint a picture, draw, write/tell a story• Practice yoga• Write in a journal• Practice gratitude 
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After reading the book ...

1. Ask your child to draw what intuition means to them.
2. Check out the activity sheet – I've got a Feeling Cryptogram to discover the secret message. You can find the activity sheets on my website: www.chantal-martin.com

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