



# 3 THINGS YOU CAN DO TO BUILD YOUR KIDS INTUITION MUSCLE

## INTERESTING FACT

According to Thrive Global, intuitive kids are likely to be:

- Aware of their thoughts *and* feelings and able to use their head and their heart to make a decision or problem-solve.
- More compassionate towards other people as they can “feel” things.
- Able to process their emotions rather than repressing them.
- Clear on what’s right and wrong, which they can use in the playground, at school and especially online.
- Self-expressed and self-driven, instead of doing what they’re told or how best to fit in.
- Have a better sense of self-worth that comes more from the inside than outside.





## 3 THINGS YOU CAN DO TO BUILD YOUR KIDS INTUITION MUSCLE

### 1. **NAME Your Intuition**

*Intuition is your ability to know something through instinctive feelings (without logic or reasoning).*

- *In kidspeak: intuition is your heart's wisdom that only you can hear.*
- *Find an age appropriate name for it to use with your kids (ex: "heart", "soul", "feeling", "gut")*

### 2. **BROADCAST Your Intuition**

*By narrating your own inner thoughts and feelings to your little ones by saying things like:*

- *My heart (or gut) is telling me that if you don't move your glass from the edge of the table, it may fall and spill everywhere.*
- *I am hearing some whispers in my body that are making me feel that we should have an easy day today and stay at home.*



### **3. ENCOURAGE & EMPOWER Your Kids' Intuition**

*By asking them to listen to it more often and then giving them the safe space to follow through.*

*Here are some examples:*

- *During a walk or a hike, as your kids: “Which way does your heart want to go? Left or right?” ... and then go the route they chose.*  
*True story! We were going on a walk one day when my then 4-year old said her heart was telling her that there is a coyote on our path and she asked if we could turn around and go back home. I listened and we went home.)*
- *If they can't decide on a toy, ask them to close their eyes and listen to their body. It will tell them. And then get the one their inner world chose.*
- *When your kid asks you about your feelings, be honest and vulnerable.*
  - *If your kid asks you if you are angry or afraid about something, be honest and say yes.*
  - *This is how you teach your kids to be brave enough to trust their own feelings and intuition as well.*

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- *When your kid shares something their heart is saying, trust it and respect it with an open mind (even if you disagree).*
- *For example:*
  - *Kid: Dad, my heart is saying I should have some candy.*
  - *Parent: I love that you are listening to your heart. Your body must be needing something sweet. Candy is not good for your body. You may have an apple or blueberries instead.*