

Lynx

Resource Guide

Lynx's story reminds children to be bold, brave, listen to their inner voice, and speak up for themselves. Children often grow up with messages to tame and quiet themselves. Lynx's story reminds us that using your voice to speak your truth is a gift to the world.

Key Themes

Self-Expression

Using your voice to speak your truth and express what feels right for you

Healthy Boundaries

Identifying your own limits and standing up for yourself when you need to

Inner Wisdom

Listening and trusting the feelings that are within us, knowing what truly feels right for you

Mindfulness

Slowing down and paying attention with all of our senses to what is happening right now

Discussion Questions

What is something that you know is true about yourself?

I like pickles, I feel strong when I run, I like to play outside, etc.

Have you ever used your words to stand up for yourself?

Telling someone they hurt my feelings, choosing a different activity when you weren't enjoying the other, asking someone to stop if I don't feel comfortable, etc.

Activity

Let your child decide what they like best! Whether it is a taste test, an activity, or movement, provide them with at least two choices. Try out both (or all) of the choices and decide what they enjoy the most. Encourage your child to trust their own senses and opinions and describe what they like best.

Affirmation

I can say what I feel.