

Lynx Sets Boundaries

There once was a Lynx,
a kind and brave kin,
who spoke from her heart,
deep from within.

If something felt wrong
Lynx knew what to do,
she'd check in with her body,
then say what was true.

One afternoon,
Lynx went to play,
to meet up with Ibex
on a fine sunny day.

Ibex was happy
and leaned in to embrace
almost forgetting to ask
if his friend wanted space.

"Oops!" he said, stopping,
"First I should ask.
Do you want a hug, Lynx?
I jumped in too fast!"

Lynx noticed her body
and knew right away,
she wanted to say 'hi'
in another good way.

"No thanks," said Lynx,
"but I know something new.
Does a high-five and paw-shake
sound good to you?"

The friends both agreed,
greeted, and played.
They searched for love-bugs
on the ground, in the shade.

When it was time
to end their play,
Lynx headed toward home
at the end of the day.

As she skipped down the path,
humming a song,
up flew Dragonfly
to travel along.

"Can I ride on your shoulder?
Is that all right, Lynx?"
Lynx answered, "Yes,"
and then started to think.

It was nice to be asked,
to choose no or yes,
to feel loved and respected
in what you express.

As she arrived home
her mom came to the door,
her arms open wide
as she kneeled on the floor.

"I'm so happy to see you!
Would you like a hug?"
her mom asked aloud
with a voice full of love.

Lynx asked her body,
'What do I need?'
and knew that a hug
would feel amazing indeed.

To be just like Lynx, who learned to check in,
say the words to remember and know where to begin:

**My body is mine,
I know what I like.
I check in with myself
and say what feels right.**