



## Lynx Resource Guide

**I can say what I need. I know I belong.  
I speak my truth when I feel it. I am worthy and strong.**



Lynx's story reminds children to be bold, brave, listen to their inner voice, and speak up for themselves. Our little ones, especially our girls, 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.

Help kids understand the important messages of Lynx's story. Before starting the book, review the keywords on the back cover of the book.



### Inner Wisdom

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

Questions to ask:

**What is something that you know is true about yourself?**

Examples:

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



### Self-Advocacy

Knowing when and how to use your voice to speak up for yourself and get your needs met.

Questions to ask:

**Can you think of a time you used your words to take care of your needs?**

Examples:

Asking for help, taking a break from an activity, asking someone to stop something I didn't like, etc.



### Healthy Boundaries

Identifying our own limits and standing up for ourselves when we need to.

Questions to ask:

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

Examples:

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.

### Discussion Points

Read Lynx's story together and answer the following questions:

**Q: When Lynx has a choice to share her thoughts and feelings what does she use?**

A: Her voice!

**Q: How does Lynx find the wisdom in her heart?**

A: She slows down and notices how her body is feeling and her heart helps her know what is right.

**Q: Is Lynx strong and brave?**

A: Yes, Lynx has a strong voice. She shares how she feels with the people she trusts.

### Activity

Let your little one 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 little one to trust their own senses and opinions and describe what they like best!