

Flow Chart -

Intuition, Gut Feelings and Physical Sensations:

The Opening Game – What Different Physical Sensations Mean.



Positive and Negative Physical Sensations
Worksheet: “Simply Me” Writing about Myself
(In Body Language, Intuition & Leadership!
Surviving Primary School).



Share one instance when you felt a positive physical sensation and one instance when you felt a negative physical sensation.
Describe exactly what happened and what you felt in each instance.



Simply Me
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

Let's learn how to recognize our various physical sensations: when they occur, what they signal and how and what are our intuitions.



Who knows what intuition is?



The Rule for Intuitions: In Body Language,
Intuition & Leadership!
Surviving Primary School.



The Story: 'The Note' – In Body Language,
Intuition & Leadership!
Surviving Primary School.



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

How can we learn to listen to our bodies
or to our gut feelings, our hunches and
intuitions?



Questionnaire – Do you listen to your
intuitions? In Body Language, Intuition &
Leadership! Surviving Primary School.



Exercise: Enjoying Breathing



Who can share with us how they felt?



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

**The Story: 'The Six Million Dollar Man' –
in Body Language, Intuition & Leadership!
Surviving Primary School.**



**Exercise: Physical sensations we
experience relating to a good friend and to
someone we find very annoying.**



**Did you experience different sensations
when you thought of the person you liked and
when you thought of the person who
annoys you?**



**Exercise: How to recognize your gut
feelings and intuitions.**



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved



My Intuitions Worksheet: “Simply Me”

**Writing about Myself (In Body Language,
Intuition & Leadership!
Surviving Primary School).**



Who can share with us?



- 1. When was the last time that you paid attention to a gut feeling or an intuition you experienced? What happened? How was your gut feeling or intuition expressed? Did you have any physical sensations which accompanied your gut feeling?**



**Simply Me
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved



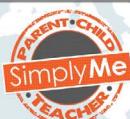
2. Have you ever taken actions based on your gut feelings, hunches or intuitions?



3. Have you experienced any other gut feelings and intuitions? Is there any pattern to the way you experience intuition?



Each class member is asked how they have experienced intuitions.



**SimplyMe
INTERNATIONAL**

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved