

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.**



**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.**



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**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?



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**The Story: ‘The Six Million Dollar Man’ –
in Body Language, Intuition & Leadership!
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**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.**



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**My Intuitions Worksheet: “Simply Me”
Writing about Myself (In Body Language,
Intuition & Leadership!
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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?**



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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.



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