

For ages 4+

# GUIDANCE CARDS 4 KIDS



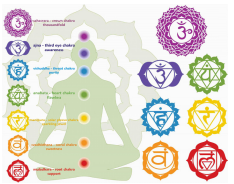
## WHAT ARE GUIDANCE CARDS?

### ➔ Words and Phrases



Words and Phrases on each card are positively charged which allows for non-invasive communication, presented in a fun environment.

### ➔ Colours



Colours have their own vibration, just like words. The words and phrases have been matched to their colours, which allows children to express themselves without having to find the words.

### ➔ Animals



For thousands of years, animals have been symbolic of many different thoughts, feelings and emotions. The words and phrases, as well as colours have been matched specifically to each animal.

By Felicity Durham

Did you know that children record emotional responses up until the age of 6?

Did you know that children often hide their joys and fears as they are sometimes told not to let it show?

Did you know that not releasing emotional traumas from a young age can develop damaging behavioural patterns?

Guidance Cards 4 Kids are a communication tool for children and their elders, promoting healthy communication and the development of emotional intelligence.

As mindfulness and meditation become more and more of a mainstream concept, children are developing their emotional intelligence by leaps and bounds.

Guidance Cards 4 Kids can be used as a meditation tool by repeating the words and phrases and visualising the colour and animal associated.

By strengthening our communication bonds with our children, we empower them to speak openly about their experiences, thoughts, feelings and emotions and encourage self healing for happy, healthy little humans.

Learn more at [GuidanceCardsForKids.com](http://GuidanceCardsForKids.com)

