

HOW TO  
Use Your Child's  
*Spirit Animal*  
Remarkably



A *Earth School* workbook

# GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Find yourself a quiet spot

## THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to have fun with your kids
- to try a child-centered approach when homeschooling
- to develop your child's bond to nature



## SPIRIT ANIMALS

For millennia, nations have valued animals in their spirituality. This respect has shone on their relationship with nature and it is a meaningful way to develop your child's bond as well. Spirit Animals are also of great help in times of difficulties and can give your child ideal support.



# Action Steps

## ▶ TAKE THE TEST

Start by finding out which animal is your child's animal spirit. You can take the test, or your child, or you can choose your own way of figuring out which animal it is (meditation, game, dreams,...)

## ▶ MAKE THE BEST OUT OF IT

Use our Spirit Animal Sheet as a base to get your child to learn more about his spirit animal. And why not have one for you too?

## ▶ CONNECT WITH NATURE

These Action Steps are the perfect way to give our child opportunities to connect with nature, to learn about respect and empathy, and to go on wild adventures!

SPIRIT ANIMALS ARE LIKE GUARDIAN ANGELS. THEY ARE HERE TO HELP AND SUPPORT US, BUT THEY DON'T MESS WITH OUR FREE WILL.





## TAKE THE TEST

It's always fun to take a test, and you might be supersized by what you find out! [Just follow this link.](#)

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## FIND YOUR ANIMAL SPIRIT

If you're not willing to take the test, and if you would like a more spiritual way to find your spirit animal, there are different methods.

### **Meditation**

If you like to practice (or would like to practice) meditation with your children, here is a great opportunity.

First, guide them into a deep meditation. Make them wander through the woods. Be mindful to bring to life all their senses (touch, sight, hearing, smell, and taste). When they are deeply into it, tell them there is something in the bushes, an animal. Let them explore and get closer until they see it.

If you're not comfortable guiding the meditation, [here is a video.](#)

### **Signs and dreams**

Is there an animal your child has met in the wild or keeps bumping into? Is there an animal your child dreams of a lot?

### **Drawing**

Another way to find your spirit animal is to take a blank page and start drawing with closed eyes. The first animal that comes to your mind when you open your eyes is your spirit animal. The image is fleeting, don't second guess yourself.



Strengths

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Habitat:

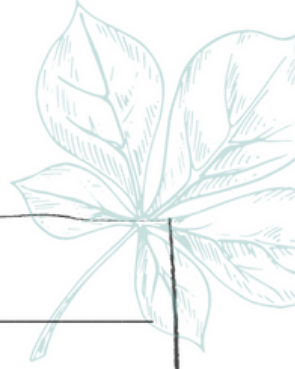
Height:

Weight:

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Weaknesses

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Type of home:

How has he adapted to his environment?:

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Message

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Intelligence:

Wisdom:

Unique:

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Can Help With

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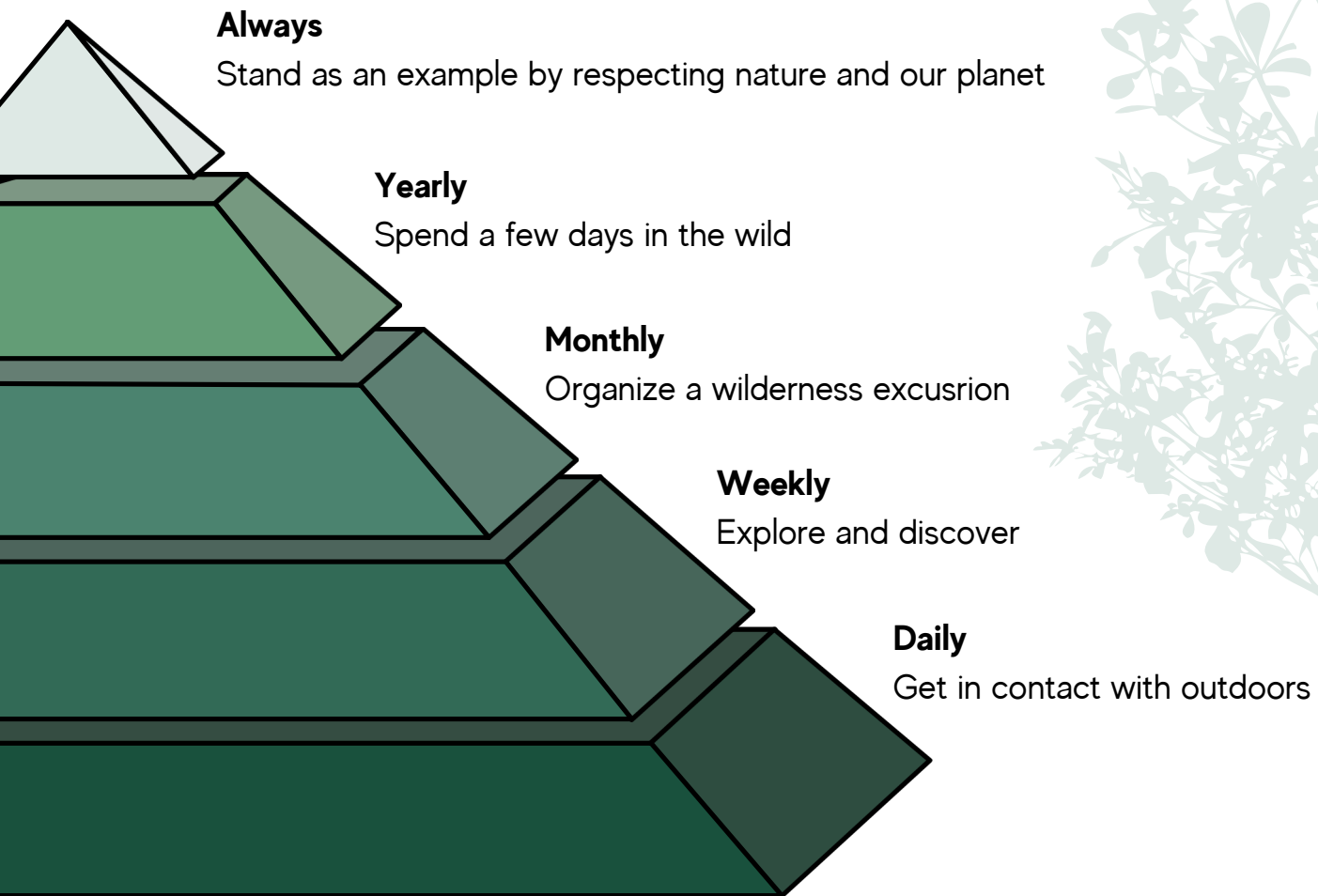
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## CONNECT WITH NATURE

Animal spirits are the perfect way to give our children opportunities to connect with nature, to learn about respect and empathy, and to go on wild adventures while growing their self-confidence.



**NATURE PYRAMID**





## CONNECT WITH NATURE

Animal spirits are the perfect way to give our children opportunities to connect with nature, to learn about respect and empathy, and to go on wild adventures while growing their self-confidence.

### Animal Spirit Excursion

Your child has his spirit animal and you already know plenty about it. Why not impersonating it? This is a game your child will love!

- The habitat


Organize an day-trip to the forest, the river or the lowlands depending on the animal. Take off your shoes, you are now officially your spirit animal!

- The food

If you're lucky, your spirit animal will eat something you like! This is an occasion to prepare a surprising picnic

- The shelter

Time for an activity. Your child can either build a shelter for his spirit animal or for himself, depending on his choice. What will it be? A den, a nest, a burrow?



Remember the purpose of your excursion and take this opportunity to show your children how harmony, cycles and respect are the foundations of a healthy relation to nature.

*You did it!*

You can now make your family spirit's  
animals a part of your daily life!

WRITE DOWN 3 USES YOU CAN MAKE OF SPIRIT ANIMALS  
FOR YOUR CHILDREN

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**Congratulations**

TODAY YOU HELPED YOUR CHILD FINDING HIS SPIRIT  
ANIMAL  
YOU GAVE HIM A LIFE-LONG FRIEND HE NOW  
KNOWS ALL ABOUT  
WELL DONE!

