

Face Value

- Your Child's True Nature Revealed

By Sheryn Gung

Hair

- Thick and/or wavy hair (A)
- Straight hairline that juts in on sides (like Brad Pitt's) (B)
- Widow's peak (A)
- Curly/red hair (C)

Eyes and Eyebrows

- Peaked eyebrows (C)
- Thick/long eyebrows (B)
- Eyebrows set high above eyes (E)
- Protruding brow bone (B)
- Sparkling eyes (C)
- Shadowing around eyes (A)
- Puffy upper eyelids (D)
- Puffy under-eye area (A)
- Big, round eyes (D)

Face/Head

- Rounded upper forehead (A)
- Indented temples (B) Dimples (C)
- Wide spaces between features (E)
- Rectangular face shape (B)
- Round face shape (D)
- Freckles (C) Large mouth (D)
- Prominent chin (A)
- Cleft in chin or vertical line in bottom lip (C)
- Full lips (D) Strong and well-defined jaw (B)
- Frown when thinks, may have two vertical lines between eyebrows (B)
- Bony nose (E) Pointed nose (C)
- Large nose (E)
- Wide bridge of nose/fleshy nose (D)
- Prominent and bony or plump upper cheeks (E)
- Chubby lower cheeks (D)
- Concave/sunken lower cheeks (E)

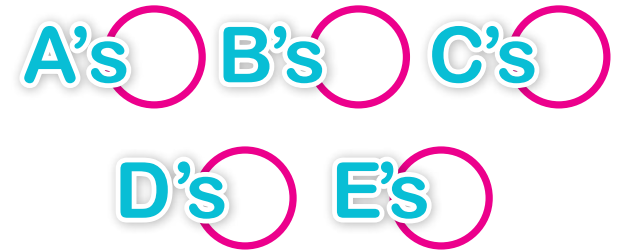
Body Shape and Other (Body shapes refer to teenager/adult)

- Well-defined philtrum (groove between nose and upper lip) (A)
- Narrow wrists and ankles (E)
- Big, plump earlobes (A)
- Thick calves (D)
- Large ears (A)
- Sinewy, defined muscles (B)
- Fine bone structure (E)
- Skinny torso (C)
- Tall and lanky in body shape OR short and compact (B)
- Skinny arms (C)
- Stocky, chubby or round belly (D)
- Hyper-metabolism and tendency to be slim (E)

Complexion

- Black undertone (A) Greenish/brownish undertone (B)
- Pink flush or radiance (C) Pale glow (E)
- Peaches and cream or yellow undertone (D)

Numbers of



More A's: Water Child | More B's: Wood Child
More C's: Fire Child | More D's: Earth Child
More E's: Metal Child

The Water Child:

Artistic, philosophic and innovative.

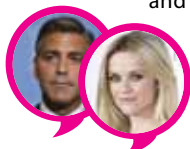
Associations: Night, winter, pre-birth and death.

Loves: Water, including oceans, rivers and baths. Hiding in dark places, blacks and blues, fantasy stories, drawing and music. Teens may be Emos or Goths.

Personality: Highly intuitive and wise. Interested in spirituality, shamanism or the occult; a daydreamer with high creativity. Functions best at night and is a deep sleeper, calm temperament, needs solitude. Slow to move and make decisions. Very sensitive and may cry a lot from hurt feelings.

Personal challenge: Fear. Feels others do not understand them. People are not saying what they mean.

Tips: Do not rush or pressure a water child to make decisions or they will freeze and resist! Your actions and presence reassure them if they become fearful. If they refuse to talk, encourage them to tap into their innate wisdom and willpower to overcome struggles and let them know you are there.



Famous Examples:
George Clooney,
Reese Witherspoon

The Wood Child:

Warrior, pioneer or entrepreneur.

Associations: Morning, spring, birth, childhood.

Loves: Trees, sport, being active. Raising money for charity. Teenagers have lots of ideas for changing the world, and the drive to make it happen. May be rebellious.

Personality: Energetic, functions best in the morning. Temporarily alert - then becomes distracted. Breaks toys (or breaks them up to put them together again). Stirs siblings. Risk takers. Ambitious. Assertive and can say things without thinking. Good with direction and change. Logical thinkers who like charts, graphs and schedules.

Personal challenge: Angry, argumentative, competitive. May hit others out of frustration. Will not apologise easily.

Tips: Encourage your Wood Child to pursue athletics or martial arts from an early age - a positive way for them to channel their energy and learn discipline! Offer step-by-step learning processes and timelines. Balance their energy with calming activities like reading.



Famous Examples:
Hilary Swank,
Brad Pitt

The Fire Child:

Falls in love easily, thrives on performing and is a free spirit.

Associations: Noon, summer, prime of life.

Loves: The spotlight! Acting, dancing, singing, being funny. Reds and pinks. Attention. Physical contact and affection. Lots of variety! Teens may flirt and reciprocate too easily to attention.

Personality: Big! Thrives on an audience. Fun, charming, sociable and confident. Needs constant stimulation. Trouble completing things. Bouncy. Talkative - may exaggerate. Self-absorbed. Passionate and wears heart on sleeve. Multi-tasks. May be a drama queen. Absorbs thoughts and feelings of others (empaths). Need to be liked, even if they are shy.

Personal Challenge: Over-excitement. Anxiety - may struggle to sleep if a big event is coming.

Tips: Help your fire child become discerning and create boundaries so they can determine who is worthwhile being friends with or dating. Be gentle - no yelling or harsh treatments to douse their flames!



Famous Examples:
Shirley MacLaine,
Jack Black

The Earth Child:

Diplomatic, motherly and a gatherer.

Associations: Afternoon, late summer, middle age.

Loves: Comfortable clothes and environments. Food. Helping others. Family and friends. Home. Cooking and gardening. Nurturing pets and toys. Preparations for celebrations.

Personality: Compassionate, selfless and thoughtful. Sees self through others' eyes. Struggles to say 'no'. More of a supporter or follower than a leader. Calm and grounded. Family and friend oriented - surrounded by photos and posters. Dislikes change. Bed covered with pillows and soft toys. Sentimental, trustworthy.

Personal Challenge: Worry, followed by indecisiveness or confusion. Takes on others' problems to point of martyrdom.

Tips: Offer thoughtful gestures to your earth child, like notes with lunch. Encourage them to join group exercise. Be mindful they are not taking on parents' problems and help them establish boundaries. Listen to their worries with lots of cuddles and acknowledge the help they offer.



Famous Examples:
Renee Zellweger,
Oprah Winfrey

The Metal Child:

Visionary with father-like qualities and highly sensitive.

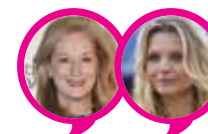
Associations: Early evening, late fall, old age.

Loves: Ritual and order - things done 'just so'. Predictability. Clean environments. Pleasing authority figures. Clear guidelines and rules. Projects with intricate detail.

Personality: Fussy, perfectionist, dislikes visual clutter. Detail-oriented and plans well. May be claustrophobic. Dislikes spontaneity and being late. Absorbs energy of environment and other people (clairsentience). Often seen as bossy, but needs order because they are highly sensitive! Disciplined. Controlled. Inflexible. Self-critical. Conscientious and has strong integrity.

Personal Challenge: Grief, loss of any kind. Feeling overwhelmed by energy, contracting and tightening.

Tips: Teach your metal child that it is okay to let go if they are grieving. Remind them they are safe in the present and encourage them to find things to appreciate in the here-and-now. Allow them time to prepare in the mornings and advance notice for changes. Encourage them to relax with humor.



Famous Examples:
Meryl Streep,
Michelle Pfeiffer