

Activity



This activity will teach students the basics of using visualization to relieve stress and get into a more positive frame of mind.

Guided visualization

1. Read the script below OR you can pre-record yourself. In guiding the students through the visualization, use a calm, relaxed tone of voice.
2. Begin by turning off the light in your classroom.
3. Explain what's involved in the technique of visualization:

"Visualizations can quickly calm your body and relax your mind. It can help you to de-stress in minutes so that you're ready for bed, and can also be a useful way to recover from stress during difficult times.
4. Ask students to close their eyes as you guide them through the visualization:

"In a relaxed position, you are going to use your inner voice and imagination to help you get into a deep state of relaxation.

Breathe from your belly and close your eyes, focusing on breathing in peace and breathing out stress. This means letting your belly expand and contract with your breath.

If you find your shoulders rising and falling, you are likely carrying tension in your body and not breathing in the most relaxed way.

Once you feel more relaxed, begin to envision yourself in the midst of the most relaxing environment you can. For some of you, this might be floating down a slow moving river, or wading in a lake, or laying on the beach in the sun.

For others, this might be sitting by a camp fire, deep in the woods, sipping hot chocolate and marshmallows.

You may want to remember a time and place when you felt wonderful and relaxed, a "happy place" in your memory.

As you imagine your scene, try to involve all of your senses. What does it look like? How does it feel? What special scents are involved? Do you hear the crackle of a fire, moving water, or birds chirping?

Stay here for as long as you like. Enjoy your 'surroundings', and let yourself be far from what stresses you.

When you're ready to come back to reality, count back from ten, and tell yourself that when you get to 'one', you'll feel calm and refreshed."