



Susan Allen

Guided visualisation

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

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Explain that we all have feelings to let us know when we care about something.

The purpose of this exercise is to enable students to experience the peace of stillness and create a feeling of wellbeing.

You will need:

- A space where everyone can lie down or sit at a desk/table.

Action

If this is the first time the group is experiencing a visualisation, it's worth setting some ground rules:

- Make sure students aren't touching one another
- Explain the importance of silence
- Some people put a Do Not Disturb sign on their door to avoid interruptions.

Tell the students this is an opportunity for them to explore the power of their minds.

Ask the children to lie down in a space comfortably on their backs or sit at a desk or table with their head on their arms and their eyes closed. When everyone has settled, read the following slowly, pausing where indicated to allow students to use their imagination fully.

"Allow your body to begin to relax. Take a deep breath in and hold for 3 counts and breathe out. Relax, (Repeat this three times) Let your breath settle in its own rhythm of breathing now as you just become perfectly still. (Pause)

With each out-breath, relax a little more. (Pause) Let your shoulders relax, your hips relax, let your arms and hands relax. (Pause) Feel the calm and soothing motion of breath in your body; notice the body still, around the breath. (Pause)

Imagine yourself at the beach. It's a wonderfully warm day. You have just come out of the water and you lie down on a soft towel upon the hot sand. (Pause) The sky is cloudless and a gentle breeze flows across your fore-head. You feel the bright sunshine warming your face. It's a perfect day. (Pause) Ocean waves are gently flowing in and rolling away; flowing in and just rolling away. Let your body rest as you soak up all the sunlight and sounds of this warm summer's day. (Pause) You are totally safe, contented to relax and breathe. (Pause) Breathe and relax. Feel your whole body resting into the soft sand. (Pause)

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You hear voices of children playing in the water safely and having fun. You know, that you are surrounded by people who care about you, who know how wonderful and unique you are. They appreciate all your wonderful ways. They love and accept you for being perfectly you. (Pause) What a great day you are having with so much fun, so much sunshine, so much love. See yourself lying on the beach happy, and in your mind say to yourself:

'I am perfectly OK just as I am. (Pause) Just to relax and be me is enough. (Pause) I deserve the very best. (Pause) I am loveable, likeable and I have a great deal to share with others. Everyone around me recognises this. (Pause) I am OK, safe to shine, and to be the best that I can be.'

It's such a perfect day, you are happy and relaxed. (Pause)

Now imagine your name is being called by the people you love and they beckon you to join them once again. (Pause)

Leave the scene here as we bring ourselves back from the visualisation, back to this room. Breathe in deeply to awaken your body and sigh the breath out. (Pause) Notice how you feel. (Pause) And begin to sit up and stretch."

When the students are ready, share and discuss the exercise. Ask them how it felt, and when it could be useful to use visualisation? Examples: Before exams, meeting people for the first time or new events. Suggest practising a regular visualisation at bedtime. Congratulate them for their efforts today.