



## Guided imagery samples

It is alright to read these to your students as they relax, however, it is much better if you retell it in your own words. It's easy to invent new relaxing journeys; just close your eyes and think about places you'd like to be, places which make you feel relaxed, and take the children there.

- 1. On the sea shore:** Imagine that you are lying down on the soft sand by the ocean. The sand is warm and pleasant, the gentle wind is caressing you and the shining sun makes you feel very cozy. Allow yourself to become a bit softer and heavier, and feel how you are sinking a little more into the sand. Breathe deeply now and listen to the waves of the ocean in your breath... when you breath in the waves come closer, and when you breath out they recede. Keep breathing with the waves for another moment, see if you can smell the ocean... there is no rush... just breath and relax.

Now look up to the sky, and you'll see big, colorful birds... these beautiful birds really want to be our friends, but they are a bit afraid because we are still moving. Let's try to be very quiet... if we don't move, these amazing birds will come closer. Open your palms; there are some yummy seeds there for the birds. Keep breathing... and let the birds slowly come closer... (Wait for a moment before asking the children to stretch and sit up.