

Guided Visualization Script: Middle School

The purpose of teaching Guided Visualization to children is to offer a technique they can utilize in order to replace disruptive, intrusive thoughts. During these sessions, it may be helpful to have soft, soothing music playing in the background, while speaking in a low, calming voice in order to foster a more relaxing atmosphere. Follow the script provided when teaching Guided Visualization to children.

I want you to turn all of your attention inward and leave behind everything in your immediate surroundings. I want you to allow your minds to take you to another place. This place is a place that you feel safe and comfortable in; it can be any place that makes you feel this way. Allow yourself to see, hear, smell, and feel what is in this place. Relax, and focus on using your minds to explore this place.

Now I would like for us to go together to another safe place. This safe place is a beach with cool white sand and a beautiful blue-green sea. Can you see this? Let's go to this place in our minds. (Give children to focus on a safe place.) Now that we're in our safe place, let's explore it. Let's go for a walk down to the sea. (Wait for children to begin "moving.") The sun is so bright and warm. Can you feel its warmth on your skin? A cool breeze blows through the air and tickles your face. It smells like salt and makes your nose tingle. Can you smell the breeze? (Allow children to "smell" it.) The sand feels so nice under our feet—it is soft with no hard rocks, and it's speckled with little shells. Can you feel it between your toes? Let's let our feet sink nice and deep into it. (Let children "sink feet.") Now, let's shake the sand off of our feet and keep walking toward the sea.

We have reached the water's edge. The water is so clear, and it's filled with small waves. Can you see them? Let's dip our feet into the water. Ooh, it's so cool and refreshing! The sun is so warm. Let's take some water and splash it on our faces to cool ourselves off. (Allow children to "splash" themselves.) Now that we've gotten our faces wet, we need to dry them off. There's nice, soft towels waiting for us on the beach. Let's go and get them. Let's walk through the wet sand toward our towels. (Let children begin "walking.") The sand here is wet and so squishy. Can you feel it squish under your feet?

Now we have arrived at our towels. Let's pick them up. Wow, they're so soft! Can you feel them? Let's use our towels to dry our faces. (Let children start to "dry" faces.) Ooh, they smell so nice, like your favorite laundry detergent. Can you smell them?

I smell something else now. Yum! It smells like food! Can you smell it? It smells like it is coming from beyond a great big pile of sand. I think we should go toward it. Let's put our towels down and walk toward it. Can you see the big sand pile? It's called a sand dune. Let's climb up the sand dune. The sand feels so nice under our feet, it's the softest sand we've ever felt. Let's keep climbing until we get to the top of the dune. (Allow children to "climb" a bit.)

We've finally made it! Ooh, do you see what I see? It's a little beach food stand! Let's go see what food they have. Let's walk over there. (Allow children to "walk" over.) They have pizza and ice cream. May we have some food, please? Ooh, the lady at the stand is very nice, and she's given us each a slice of pizza. Let's eat our pizza slices. Wow! Those are the biggest pizza slices I've ever seen! We'll need two hands to eat them. Grab your slice of pizza with both hands, and take a big bite. Yum! What delicious pizza! It's got tangy tomato sauce, gooey and salty cheese, and all of your favorite toppings on a crispy, buttery crust. Can you taste it? Let's take some time to eat our pizza. (Give children time to "finish" pizza.)

Mmmm, that was the best pizza I ever tasted. I'm still not too full, though. Do you feel full? Hooray! The lady at the stand has now given each of us an ice cream cone. Take your ice cream cone in your hand. It's your favorite flavor! Let's taste our ice cream cones. Yum! They're so creamy and cold, they're so refreshing. Let's eat our ice cream cones. (Give children time to "eat" ice cream.)

I think we should head back to our towels now, what about you? Let's climb over the sand dune to our towels. Mmm, the sand is so warm, it makes my feet feel so comfortable! How do your feet feel? What a nice walk. We're almost at our towels. (Allow children to "walk" to towels.) We've made it! Walking over that warm, soft sand gave me a good idea. Let's lay down on our towels and relax on the beach. Spread out your towel, and lay down on it. (Allow children to "do" this.) Good. Now, let's relax, and hear the sounds of the beach. I can hear the waves crashing and the seagulls calling as they fly overhead. Can you hear these sounds? I can also smell the smells of the beach; I can smell the salty water and the fresh air. Can you smell them? Let's bury our feet in the sand. It's so cool and comforting, can you feel it? (Let children "bury" their feet.)

I'm so glad that you all came to visit this special safe place with me, and I hope that you will return to this place again whenever you need to. Now, let's all just relax. Breathe in, and breathe out. Breathe in, and out. . . .