

Guided Visualization Script: Elementary 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.

We will begin by taking calm, deep, soothing breaths. Sit in a relaxed position. Make sure that your body is comfortable. Breathe in through your nose, and slowly out through your mouth. We are going to create a “safe place” in our minds to go to when you are feeling upset or angry. This is also somewhere for you to go when you are having bothersome or intrusive thoughts.

Begin by closing your eyes and keeping your breathing steady. Now, picture in your mind, a quiet, safe beach. The sun is shining, the sand feels soft and cool under your bare feet and between your toes. You see the crystal blue ocean straight ahead of you, small waves crashing on the shoreline. There are other kids playing on the beach, building sand castles and swimming in the ocean. Smiling, you begin walking through the sand, across the beach and up to the water. You hear the waves and step into the ocean. At first the water feels a bit cool under your feet, but it soon warms up. Take in the sea breeze; notice how it softly rubs against your face. Breathe in big, deep breaths of that fresh seashore air! Now you begin to swim out into the ocean. Gently you move your arms and legs. You swim past the other kids to a quiet part of the water. Feel the calm ocean current softly carrying you along. As you dip underwater it feels like you are in a bubble, totally safe from the outside world. It's so quiet and peaceful under the water. As you come up for air, you look around and see dolphins and seals swimming and spinning around in the water. You move towards them and they welcome you to their fun games. Feel the splashing of the water on your face as the sea animals dance around and play. You are feeling very relaxed and peaceful. This is a safe place, where there is not a care in the world. You can come to this place to play or relax whenever you want.

Now we are going to begin coming back. It is time to leave this beautiful place, but not for long. Remember, this is *your* safe place. You can make it whatever you want, and go to it whenever you need. As we slowly come back to the room, keep breathing calm deep breaths, in through your nose and slowly out through your mouth. Keep your body relaxed as you slowly open your eyes.

