

VISUALIZATION ACTIVITY

My Peaceful Place - Invisible Magic Box

Purpose: To give children a way of finding calm internally even regardless of external circumstances.



1. **SAY:** Think of a place you have been where you felt happy, peaceful, relaxed and safe. It can be a place close to home or far away. It can be a place from the past, like your grandmother's kitchen when you were little.
2. Tell your students about your own peaceful place and have them share a peaceful place they have been with a partner or in a small group. If a child can't think of one, have him or her envision the beach.
3. **SAY:** Close your eyes and breathe slowly and deeply. Breathe in for 1...2...3...And out for 1...2...3...In for 1...2...3...And out for 1...2...3...As you breathe imagine you are lying down in your peaceful place and your mind is a blank movie screen. Your screen is the color blue like the sky on a clear spring day. Now project onto your screen an image of your peaceful place where you felt happy, relaxed, peaceful, and safe. Let this peaceful place grow so big in your mind that you no longer see the movie screen but you are now standing in your peaceful place.

Imagine being in it right now. Look around and notice the colors. Listen to the sounds. Breathe deeply and inhale the scent of your peaceful place.

Allow the good feelings you had when you were at your peaceful place to fill your chest, head, arms, and legs. Allow the good feelings you had when you were last here, completely fill your body and mind. If distracting thoughts come up, put them on a cloud and let the cloud float them away. Now notice

your smile and keep picturing yourself in your peaceful place breathing slowly and deeply.

Keep your eyes closed and keep breathing slowly and deeply, in through your nose and out through your mouth. After a few minutes, open your eyes and describe your peaceful place in detail.

After a few minutes:

SAY: Open your eyes and open your hand. (Model this for children.) **SAY:** In your hand is an invisible magic box. Open the lid, reach into your imagination, and take out your peaceful place. Shrink it down until it is very tiny. Now put your peaceful place into your magic box and close the lid. Take your magic box and place it in your shirt. This invisible box will be with you forever, and you will be able to use it wherever you want to. If you feel angry, sad, scared, or worried, all you have to do is reach inside your shirt, take out your magic box, open the lid, take out your peaceful place, and put it into your imagination. Then close your eyes, breathe deeply, and let your peaceful place fill your imagination completely.

FOLLOW UP

- Describe your peaceful place using all your senses.
- Draw a picture of your peaceful place
- Find a picture of your peaceful place in a magazine or from the internet

My Peaceful Place



See - _____



Hear - _____



Touch/Feel _____



Taste - _____



Smell - _____
