

IN THE CLASSROOM

Guided Script:

- Keep your eyes closed and listen to my voice.
- Pretend you are in school.

- Imagine you are sitting in your chair at your desk.
- Can you feel the chair on your bottom and against your back?
- What does the desk feel like when you touch it with your hands?
- Does the desktop lift up?
- What do you keep in your desk?
- Look inside. Can you see what's in your desk?
- Do you have everything you need?

- Imagine what the classroom smells like.
- Does it smell familiar?

- Look at who is sitting next to you.
- Are you friends?
- Do you get along?

- Is the classroom noisy or quiet?

- Where is the teacher?
- Is the teacher talking to the class?
- Listen to the teacher.
- What does the teacher want you to learn?

- If the child next to you tries to talk to you while the teacher is talking, tell them “not now” and look back at the teacher’s eyes and lips.
- Pay close attention to what the teacher is saying.

- If there is noise in the hall or outside the window, just notice it and say to yourself “not now” and look right at the teacher's lips and eyes again.
- What does the teacher want you to do?
- If your stomach growls and you feel hungry, say “not now” and bring your attention back to the teacher.
- If you notice yourself daydreaming, say “not now” and bring your attention back to the teacher.

- Continue until the teacher stops talking and tells you what to do next.