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Guided Imagery Exercises

to help your students with self-regulation



Special Memory. Encourage students to draw a picture and/or tell the story of a special memory from their past that brings comfort or joy.



Safe Place. Have students imagine what their ideal safe space would look like and then draw it or write about it.



Protective Shield. Invite students to imagine and draw themselves with a protective shield or force field around themselves. Encourage youth to imagine these things any time they feel they need protection.



Hero. Invite students to create a superhero equipped with whatever super powers are desired or needed.



Future Self. Encourage students to imagine their future, positive selves and then draw that person.

Guided Imagery Exercises

Hussin A.Rothana



Guided Imagery Exercises:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Guided Imagery Exercises**

In a world inundated with monitors and the cacophony of fast communication, the profound energy and psychological resonance of verbal beauty usually disappear in to obscurity, eclipsed by the regular onslaught of sound and distractions. However, located within the musical pages of **Guided Imagery Exercises**, a fascinating work of fictional splendor that impulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that magical opus courses viewers on an emotional odyssey, lightly exposing the latent potential and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is key styles, dissect their interesting publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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