

# 5

## 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

**Martin L. Rossman**



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