

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.

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