

# Your Practice Name Here

Therapist Name: Therapist Name Here

## Guided Imagery Worksheet

Client Name: Client Name Here

Today's Date: 02/02/2022

Guided imagery in play therapy is a therapeutic technique that uses visualization to help children explore and express their emotions, thoughts, and experiences through imaginative storytelling and creative play. This Play Therapy Guided Imagery Worksheet will help your clients relax, reduce anxiety, and cope with stress. *Directions: Read the script below to your clients. Next, ask your clients the questions below to discuss their experience.*

*[Begin by having the child get into a comfortable sitting or lying position.]*

**Therapist:** "Hello [Child's Name], are you ready to go on an exciting adventure in your imagination? Today, we're going to use our imagination to explore a magical place. Are you comfortable and ready to begin? Great! Take a deep breath in, and let it out slowly. One more deep breath in, and let it out. Close your eyes if you want, and let your mind relax."

*[Encourage the child to visualize the following scenes and describe them with enthusiasm. Allow them time to process and interact with each scene.]*

**Therapist:** "Imagine you're standing on a soft, sandy beach. Feel the warm sun on your skin and the gentle breeze in your hair. You can hear the sound of seagulls in the distance and the gentle lapping of the waves on the shore. As you walk along the beach, you come across a treasure chest buried in the sand. What do you think is inside? Take your time to open it and see what treasures await you."

**Therapist:** "Now, imagine that you've found a magical key in the treasure chest. This key can open any door you want. Picture a door in your mind. What's on the other side of that door? Use your magical key to open it and step inside. What do you see in this new place?"

**Therapist:** "As you explore this magical world, you notice a friendly animal coming towards you. It could be a talking animal or one that wants to show you something special. What kind of animal is it, and what message or gift does it have for you?"

**Therapist:** "Now, it's time to return from your magical adventure. You can use your magical key to close the door and come back to the sandy beach. Take a deep breath and feel yourself back in this room, safe and comfortable. When you're ready, slowly open your eyes."

*[Allow the child some time to transition back to the real world.]*

**Therapist:** "I hope you had a wonderful adventure in your imagination. You can always visit this magical place whenever you'd like. What did you see and experience during your journey? How did it make you feel?"

# Guided Imagery Worksheets

**K Morrison**



## **Guided Imagery Worksheets:**

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Guided Imagery Worksheets** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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