

Visualization For Kids

Happy Thoughts, Happy Places

Visualization is just using your imagination, but to achieve a goal.

It's a good way to feel better when you feel angry, anxious, or upset. Try to use visualization for a few minutes or more, whenever you want to escape a little, calm yourself down, and cool off again.

There are only TWO important things to remember about Visualization!

	<p style="text-align: center;">Imagine With All Your Senses</p> <p>Imagine with your tongue, nose, eyes, ears, and your whole body! What can you taste, smell, see, hear, and feel? When you visualize with all your senses, you'll feel more relaxed.</p>
	<p style="text-align: center;">Calm, Deep Breaths</p> <p>Keep your breathing deep and slow, throughout your visualization.</p>

Images You Can Visualize

What you choose to visualize is up to you. What makes you feel calmer, happier, and more relaxed?

Use these ideas to help you!

Your Favorite Place	<p>Imagine somewhere you've visited before, or somewhere you'd love to go. Have you read about a lovely place, or seen one in a photo?</p> <p><i>Examples:</i></p> <ul style="list-style-type: none">■ A beautiful garden■ A park in spring■ A sunny beach <p><i>Imagine being there, with all your senses.</i></p> <ul style="list-style-type: none">■ What does the air feel like on your skin? How is the weather? Is it nice and hot, or cool and breezy? When you look down, how are you dressed?■ Can you smell anything around you? The salty sea air, or the scent of fresh grass?■ Are there any tastes linked to your favorite place? What can you feel on your tongue?■ What can you hear - the chirping of birds? Whistling of the wind? Singing and laughing?■ Imagine the sights around you. What colors catch your eye? What textures, shapes, objects?
Your Favorite Person	<p>Using all your senses, bring up the thought of being with your favorite person.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none">■ Parent■ Sibling■ Best friend <p><i>Imagine you are spending time with that person.</i></p> <ul style="list-style-type: none">■ What kind of things do they say, that make you feel good? Do they comfort and soothe you? Compliment your strengths?■ How do they sound? Do they have a bright, warming voice? Familiar, gentle, and kind?■ Does your favorite person smell a certain way?■ How do they look? What are they wearing?■ How do they make you feel? Do you feel safe and relaxed? Upbeat and positive?

Your Pet

Use your imagination to spend some time with an animal you love, or a pet you'd love to have.

If you don't have a pet, why not think of:

- A puppy you've played with?
- A relative's cat or kitten?
- An animal that you'd love to see in real life

Imagine you're spending time with that pet.

- Are you petting your puppy, kitten, or favorite animal? What does their fur feel like? Or do they have soft skin? If you're imagining a wild animal, how does being in their presence make you feel?
- Does your favorite animal have a warm, cozy scent? Or maybe, an exotic smell?
- Can you hear your pet purring, splashing around, or giving out a great roar? Do they make a noise as they move around?
- What does your pet look like? Does it have cute little paws? Exciting colors?