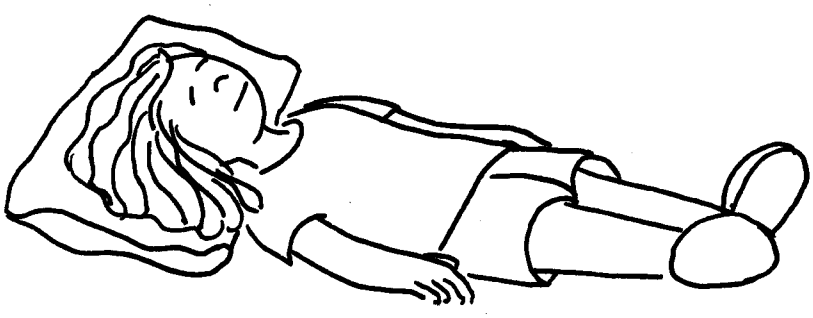
Magical Journey

Ages 6-14



Activity Objective:

Relaxation through use of guided imagery helps participants use creative visual scenes and experiences to relax and breathe ca

Instructions:

- Group leader introduces concept of guided imagery and explains how it is helpful for relaxation.
- Participants get in comfortable position in a quiet and dimly lit area. They should begin by closing their eyes before the relaxation tape is played.
- Play a guided imagery cassette tape or read from a self-written script.
- Older members could create their own guided imagery cassette tape. Each child could create and narrate a scene that they find relaxing, pleasurable and peaceful. The narration should be 3-5 minutes in length. They would choose a background music for their imagery.
- Have a discussion about how guided imagery assisted in relaxation.

Material Needed:

- ☐ Guided imagery cassette tape/CD
- ☐ Tape recorder/CD player
- ☐ Blank tapes (optional)
- ☐ A comfortable and dimly lit room