

Mindful Relaxation Class 2: **IMAGINE** - (Positive Visualisation)

Class Materials:

- ✧ Coloured scarves (navy blue)
 - ✧ Inflatable beach ball
 - ✧ Bubbles & bubble wands
- ✧ Deco: beach umbrella, beach bag, etc.
 - ✧ Markers for drawing
 - ✧ Soft background music
 - ✧ Yoga mats and blankets

Imagination



Class Objective:

1.To learn what positive visualisation is and how it helps us in our lives. When we learn to imagine good things - good results happen. People use positive visualization to achieve their goals and create happiness.

Mindful activity:

1. Stretching
2. Movement
3. Relaxation
4. Guided imagery
5. Play

Starter activity 1: 5 mins

Mindful activity: Reflection of affirmations



CIRCLE TIME WELCOME

1. Welcome the children to circle time.
2. Talk about how the children used affirmations over the last week and how that made everyone feel.

*This sharing time is important to establish the good energy and cohesion of your group. Put any new affirmations on your affirmation tree together.

Main activity 2: 10 mins

Mindful activity: Stretch & Movement Game



IMAGINATION ISLAND

1. Explain that “week we head to Imagination Island! At Imagination Island, anything can happen”.
2. Scatter deep blue scarves on the floor. We’re going to become Sea Turtles! (Lie on belly and use arms and legs to ‘swim’ around the floor like sea turtles. Swim in the deep blue ocean). Avoid the shark (negative thinking); teacher pretends to be the shark swimming around the sea turtles... but as soon as teacher gets close to a student, student shouts out a positive thought or affirmation and teacher shark swims away.
3. Play until each student gets a chance to avoid the shark.

*Congratulate the students on avoiding the negative thinking by being aware of their own thoughts and maintaining a positive attitude!

Main activity 3: 10 mins

Mindful activity: Visualisation



LET'S IMAGINE

1. Sit down and discuss the theme Visualisation (imagine).
 2. Ask children to start by visualising their own bedroom...
what does it look like?
What colour are the walls?
Are there toys?
Which toys are there?
What would they feel like?
- * Ask questions that force the child to be as detailed as possible in the visualisation.
3. Ask the children to visualise (imagine) a velvety soft bunny, imagine petting it and how soft it feels. Explain how easy visualisation is.
 4. Next, explain that we can use our minds to imagine good things happening and avoid imagining negative things. For example, if we feel a little nervous about something, we can visualise ourselves as confident and doing a great job. When something seems difficult, we can tell ourselves that we **CAN DO IT!** And imagine ourselves doing it well. (in the next section, we will practice more visualisation skills).

“I Can Do That”

Activity 4:

Mindful activity: Visualisation

10 mins



1. Return back to Imagination Island, we're going to pretend and use our imagination.
 2. Sit still and imagine you are at the seashore.
- What do you see? Seagulls? Palm trees? Sand everywhere? Waves crashing against the beach?
 - What do you feel? Wet or dry Sand between your toes? Is the wind blowing? Is the sun hot?
 - What do you smell (salt?) Take time during this activity to allow the children to experience the imagery with all senses.
Imagine seeing a kite flying in the wind. How does the kite look? What would it feel like to be that kite blowing in the wind, high, high up in the sky?
 - What do you hear? Sounds of the waves? Sounds of the seagulls?

* (Allow time for the students to visualize).



Activity 5:

Mindful activity: Visualisation and Art Therapy

5 mins



BUBBLES OF IMAGINATION

1. Use bubbles to blow away worries. Children can pair up and take turns blowing their worries into the bubbles and watching them float away and burst!
2. They can share with the class or keep their worries private.
 - * Children get to use their imagination and visualization skills to imagine putting worries into the bubbles.



3. DRAW pictures of rainbow bubbles.... explain how children can use visualisation anytime they are feeling worried or upset. They can put each worry into a bubble and imagine it floating away.
4. Use soft music in the background while doing this activity.

Plenary Activity 6

Mindful activity: Relaxation & Guided Imagery

10 mins



1. *“Today we’ve been on a beautiful visit to Imagination Island. It has been fun and exciting. We’ve learned new skills and how we can use our mind to visualise good things.*
2. *Now, let’s imagine we’re lying down on the beach... we’re safe, warm and comfortable. Big fluffy clouds are floating slowly by in the brilliant blue sky. They float lazily across the sky like they have nowhere in particular to go; they are just enjoying being clouds.*
3. *You can feel the blanket beneath your body as it comforts you and you relax even more. The fluffy clouds continue to float by in the deep blue sky. Because you are starting to feel so nice and peaceful, your feet begin to feel very heavy and relaxed, and this relaxation starts to flow up from your feet. It flows into your legs and makes them feel very heavy and comfortable.*
4. *You are enjoying this feeling of relaxation as you continue to look at the fluffy white clouds.*
5. *You notice your breathing is slowing down as you get more and more comfortable. This nice relaxing feeling now flows up into your belly and chest... with every inch it flows up, you feel more and more relaxed, more peaceful and tired.*
6. *Every muscle in your entire body seems to be relaxing now... and this feeling flows into your arms and your neck. It feels so very wonderful right now just letting your body relax here.*
7. *Your face now starts to relax as you continue to gaze up into the slowly moving cottony clouds. All the muscles around your mouth and eyes are now very relaxed and your eyes are feeling tired and completely comfortable.*
8. *In this comfortable spot on the beach, you start to feel the gentle breeze. Now this soft breeze feels very nice to you. This nice breeze is the perfect opportunity to use your magic bubble blower.*
9. *So imagine now that you have a magical bubble blower in your hand. Now, one at a time, take your worries and blow them through the bubble blower and watch as it makes a nice BIG bubble and then blow it out to the wind. Brother wind will take that worry away for you, far, far away.*
10. *Keep blowing your worries into your magic bubble blower until you have no more worries to blow away, until they are all gone far away from you. You can do this anytime and anywhere with your imagination.*
11. *I’ll be quiet now for a moment. (Quiet)*
12. *Now, with your magic bubble blower, imagine putting love and kindness into each bubble. Blow it up and then imagine that bubble drifting out across the world to everyone. Blow more and more bubbles and imagine love, kindness and peace going out everywhere to everyone. Blow as many bubbles as you want.*
13. *(Quiet)*
14. *You’ve done a fantastic job today. When you’re ready, put your imaginary bubble blower back into your pocket for later. Open your eyes and give your body a big stretch! It feels so good!*
15. **Home learning** – Ask children to use their new visualization skills this week and blow away their worries with their magic bubble blower.