

## Lead a series of youth workshops – *Lesson 5: Guided Imagery*

Guided imagery can have many health-related physical and emotional benefits. The steps that follow can help you teach teens to use their imaginations to actually change how they are feeling and what they are focused on.

### What You Need

- Electronic devices for each participant or one with a larger screen that can be seen by all
- Internet connection
- Smart Board or projector
- Copies of the [“Create the State You Want” worksheet](#)
- Pen or pencil (one for each participant)
- Copies of [“Self-Guided Imagery activity” worksheet](#)
- Copies of [“Guided Imagery Step-by-Step How-to” flier](#)
- Copies of [“Calm Practice” worksheet](#)

### Step 1: Check In – Sleep Tracker & Better Sleep Tips

#### Sleep Tracker

Ask participants to say which activity or suggestion from the website they have done since your last meeting. Ask them to describe what they did and what it felt like.

#### Better Sleep Tips

After discussing findings from participants’ sleep trackers, distribute the “Better Sleep Tips” handout for them to take home.

[“Better Sleep Tips” flier \(pdf\)](#)

### Step 2: Guided Imagery

Show the **Guided Imagery video** and choose one of the processes in the video for participants to try, either to de-stress or to focus on a future goal. At the end, discuss as a group how participants think they could use the strategy in different specific situations.

Guided Imagery video: <https://youtu.be/BD3ubF-5KCg>

Next, have the group complete the **Special Place Guided Imagery practice and activity**.

A decorative horizontal band with a blue wavy, concentric line pattern.

Listen to the audio or read the “Special Place Guided Imagery” script aloud to the group. When you’ve finished, ask the group these questions:

1. How do you feel?
2. What did you notice during this relaxation practice?
3. At what points during your day could you use a few minutes of guided imagery? Do you think practicing using this method could help you do that?

Listen to the audio: <https://youtu.be/VbtYP4OINos>

[“Special Place Guided Imagery” script \(pdf\)](#)

Next, distribute the “Self-Guided Imagery” and “Create the State You Want” worksheets and explain that one of the most powerful yet simple self-awareness techniques is guided imagery. Guided imagery can have many health-related physical and emotional benefits. It can help us feel less nervous or upset, be less bothered by pain or reach a goal such as an athletic or academic achievement. Through guided imagery we can learn to use our imaginations to actually change how we are feeling and what we are focused on. Have participants complete the worksheets and if they are comfortable doing so, share what they wrote or drew with one other person.

[“Self-Guided Imagery Activity” worksheet \(pdf\)](#)

[“Create the State You Want” worksheet \(pdf\)](#)

### **Step 3: Get Focused Meditation**

Listen to the audio or read the “Get Focused” meditation script aloud to the group. When you’ve finished, ask the group these questions:

1. How do you feel?
2. What did you notice during this relaxation practice?
3. At what points during your day could you use a few minutes of relaxation? Do you think practicing using this method could help you do that?

Point out that learning to focus works to calm us and relieve stress.

Listen to the audio: <https://youtu.be/aNNSeHt19Uw>

[“Get Focused” meditation script \(pdf\)](#)

#### **Step 4: Calm Practice**

Have the group begin by choosing a feeling. It can be any feeling, one they are feeling in this moment or one that comes up as they think about feelings (happy, sad, angry, frustrated, etc.). Then walk them through answering the questions on the "Calm Practice" worksheet.

Once the worksheet is complete, follow these steps with the group:

1. Have participants bring back the image of their initial feeling. Have them picture that image's color, shape, and texture. Participants should imagine pulling their feeling out of that place in their body where they imagined the feeling residing.
2. Instruct participants replace to the shape of their initial feeling with the shape they named as peace, calm or joy. They should replace the color of their initial feeling with their favorite color and replace the texture with the texture they listed.
3. Next have participants picture their image with the changes they have made, thinking of the sounds of their favorite song. Participants should take a deep breath while imagining the new image they have created.
4. Tell participants to imagine they are taking their image and placing it back in their body, where the feeling usually resides. Have them take several deep breaths while picturing the new image they created.
5. Conclude by asking participants if they could you feel the difference between what they visualized for their first feeling and the feeling of peace, calm or joy.

Explain that when they encounter a feeling that causes stress, they can try visualizing their peace, calm or joy feeling. They have the ability to moderate their feelings by choosing a feeling and visual they like.

["Calm Practice" worksheet \(pdf\)](#)

#### **Step 5: Mindful Movement**

As time and space allow, pick and choose as many or as little of the following mindful movement relaxation activities to follow along with. These simple, short exercises provide teens with more options to help them feel better and stress less.

- Front Stretch Right: <https://www.youtube.com/watch?v=vSs06opurd0>
- Front Stretch Left: [https://www.youtube.com/watch?v=mBDSIH\\_t-k](https://www.youtube.com/watch?v=mBDSIH_t-k)
- Basic Spine Flex: <https://www.youtube.com/watch?v=dRxbqzq1oEw>
- Neck Turns: <https://www.youtube.com/watch?v=GmY85gSirlc>
- Washing Machine: <https://www.youtube.com/watch?v=wutpgAQZj6Y>
- Shoulder Rolls: <https://www.youtube.com/watch?v=DK6VtanFiZI>

- Shoulder Shrugs: <https://www.youtube.com/watch?v=CalCnGnZ7NY>
- Half-Moon Neck Rolls: <https://www.youtube.com/watch?v=e9SF1e7B8h4>

### **Step 6: Chill at Home**

Encourage participants to try guided imagery as a stress management tool. Point out that Changing to Chill is what's known as a practice. It's something we do regularly and learn about over time. No one ever just learns to chill once and then is done.

[Guided Imagery Step-by-Step How-To \(pdf\)](#)