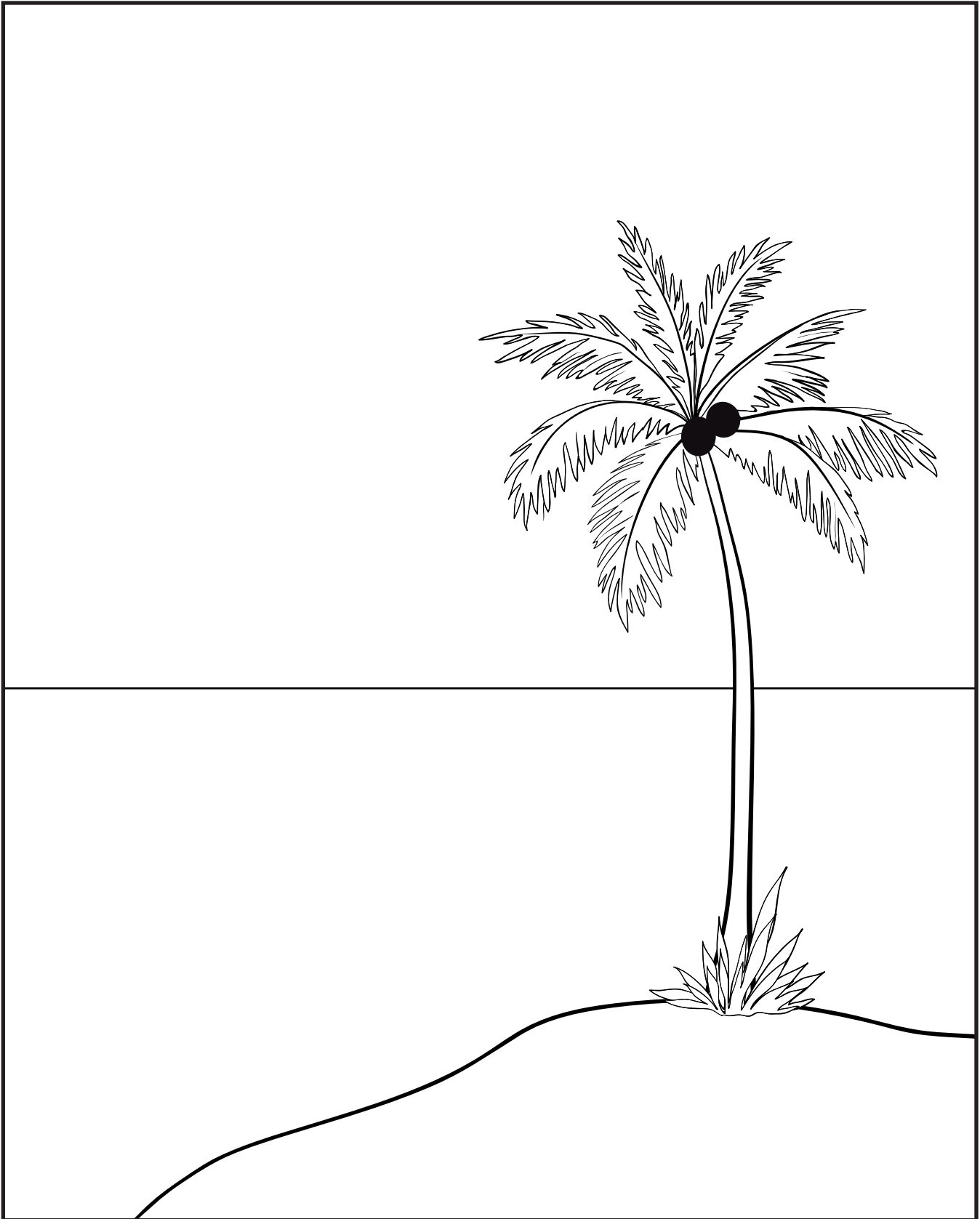


Guided Imagery and Relaxation



Guided Imagery and Relaxation Activity for Ages 13-17

Simple Relaxation

Directions:



Get comfortable in your chair and close your eyes. Take three deep breaths, in 1-2-3 and out 3-2-1, in 1-2-3 and out 1-2-3. Very good!



We're going to relax our bodies starting at the top of our head and working down to our toes. Relax your scalp (pause), relax your eyebrows (pause), relax your chin (pause), cheeks (pause), ears (pause). Okay breathe in 1-2-3 and out 3-2-1 and continue to relax. Relax your nose (pause), relax your eyes (pause), eyelids (pause), relax your lips (pause). Now, relax your throat (pause), neck (pause), your hands (pause), your fingers, feel the tension flow out of your fingers.



Enjoy the feelings of both arms being heavy and completely relaxed. Relax all the muscles of your back (pause), muscles of your chest (pause), your abdomen (pause), Let the seat you're in support your weight and then relax your thighs, your knees, the muscles of your lower legs, Relax your feet, your toes (pause). Imagine all the tension flowing out of your toes so that both legs and both feet are heavy, relaxed. Relax your mind, your heart, your lungs and all your internal organs.

Guided Imagery and Relaxation Activity for Ages 13-17

Relaxation

Directions:



To begin, sit in a comfortable chair. Place your feet flat on the floor. Let your hands rest comfortably in your lap.

Slowly take a deep breath and, as you slowly let it out, let your eyes close and your body relax as deeply as possible right now. Let your eyes remain relaxed and imagine you are standing on a road on a bright sunny day. It's a warm day. Feel the warmth of the sun, the warm, warm sun on your face and hands. If you feel too warm, there will be a breeze to keep you comfortable. As you stand there, just enjoy the warmth of the sun.







You're walking down the side of the road and off in the distance there is a gentle stream. You're walking over to the stream. Stop and look around at the trees on either side of the stream. Imagine you are able to hear the wind as it blows gently through the trees. The leaves are rustling and, as the breeze comes toward you, it brings with it the smells of the trees and woods. It's a very cool and fresh smell.



It feels good as you fill your lungs with the fresh air. Take a deep breath in 1-2-3 and out 3-2-1. Walk along the stream through the trees, and notice the trees and leaves.



Now, the gentle sounds of the stream draw your attention. And, as you look in the stream, leaves float past you, spinning and twirling. You have come to a large tree on the side of the gentle stream. You sit down on a large, smooth rock that is next to the tree and stream. As you sit on the rock you lean over the stream **and look into the calm gently flowing water.**

-  Now, sit back against the tree and let the sounds of the water and the breeze blowing through the grass and the trees fill your ears. You enjoy the peacefulness and allow yourself to relax even more deeply. Take another deep breath in 1-2-3 and out 3-2-1.
-  Now it is time to return to the road. So, get up slowly, and begin to walk back down along the stream again, walking down past the leaves as they rush past you in the stream. Climb the side of the ditch beside the road. You are standing on the road, again, feeling the sun.
-  Let the image fade away for now. Begin to feel your body sitting here in a chair. Become aware of your body's surroundings. Pause a moment to feel the restful relaxation sensations within your body. If you are aware of a specific area of tension, allow it to relax. Let yourself settle down and become even more deeply relaxed. If you can't let all the tension go, don't worry. Just let go as much as you can this time.
-  Continue to breathe in slowly and deeply. Begin to wiggle your fingers and move your toes and feet. Continue breathing deeply while moving your legs and the upper part of your body. Whenever you are ready, go ahead and open your eyes.

Journaling

My best friend would describe me by saying that I am:

Journaling

If you could become an expert in any subject or activity, what would it be?

Journaling

I feel fresh, energetic and happy when:

Journaling

I feel strong and confident when:

Journaling

I feel calm and relaxed when:

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Journaling

I feel confused when:

Journaling

I would love to travel to:

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Journaling

I worry about:

A large, empty rectangular box with a black border, intended for journaling. It occupies most of the page below the 'I worry about:' prompt.

Journaling

I really admire:

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