

Guided imagery

We are going to imagine a place that is very peaceful for some people, the ocean. Close your eyes and imagine that you are at the ocean. What do you see? Imagine what you see. There are birds flying over head and kids making sand castles. There is a sail boat and surfers in the ocean. A turtle is slowly walking in the sand. What else can you see at the ocean? Now, what do you hear? The ocean and the waves are making a soft, slow *woosh* sound. Children are laughing and birds are calling. In the distance, you hear the jingling of the ice cream truck. What else can you hear? What do you smell? The ocean is salty and there is a slight smell of salt, fish, and sea weed. You can smell hot dogs from a near by barbeque and cotton candy from the snack booth. What else can you smell at the ocean? What can you taste? You can taste the salty air. You go up to the snack booth for a cold, sweet lemonade and fluffy, sticky, sweet cotton candy. What else can you taste when you visit the ocean? Now, what can you feel? You are barefoot and you can feel the wet sand squishing between your toes. You can feel little pieces of sand on your arm. You went swimming before and your hair is cold and wet. What else can you feel? Now, take a deep breath. See the ocean and the birds. Hear the waves crashing and the ice cream truck. Smell and taste the salty air and cotton candy. Now, curl in your toes to feel the squishy sand.