

Jenny Mosley's
Top Tips for

Rainstick Visualisations





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Rainstick Visualisations

Guided visualisation with a rainstick

This guided visualisation is divided into 3 parts. Each part can be used separately or you can use it as a single, longer session. The choice is yours, but you need to remember that all visualisations, whether short or long, **MUST** begin with the introductory phase and end with a closing ritual because these ensure that participants are in the right frame of mind to benefit from the guided visualisation and to return to the complexities of 'real' life feeling refreshed and positive. When you first start children won't be able to use their imaginations for too long so just use a short 'visual story' inbetween the opening and closing rituals.

Before you begin

- If possible, dim the lights and close the blinds.
- Ensure that distractions will be kept to a minimum. (put 'do not disturb' on the door).
- Make sure that everyone is aware of the benefits of guided visualisation so that they begin with a motivated and serious attitude. Tell them that this technique is used by athletes, actors and business people to help their brains and bodies to achieve their best.
- Some children cannot close their eyes yet. Often their lives are so chaotic they can't trust things to be the same when they open their eyes. Just say to them that they can choose a blindfold (like you get on planes) or you can give them a beautiful picture of whatever it is you are talking about - a tropical island or birds in trees which they can then focus on while you are speaking through the visualisation.

Introductory phase

Get comfortable on your chair, try and get your back upright and supported by the chair.

Sit with both feet slightly apart, on the floor. Make sure you are comfortable and relaxed.

Close your eyes and let your body feel soft and relaxed. (At this point children can put blindfold on if using them.)

Listen to your breathing. Feel yourself breathing in slowly and out slowly. Just listen to your breath for a moment and let it become slow and calm. Slow and calm.

Let your mind become very still as you take a long, slow breath through your nose to the count of 3.

Now let the breath out very gently through your mouth to the count of... (find a number that suits you).

Your breathing is now slow and balanced.

Slow and calm.

Your mind is very still.

You feel warm and relaxed and comfortable.

Your eyes are closed and your body is relaxed and warm and still.

Part One – put on CD

Imagine you are now snuggled up in the cushions of a big, cosy sofa.

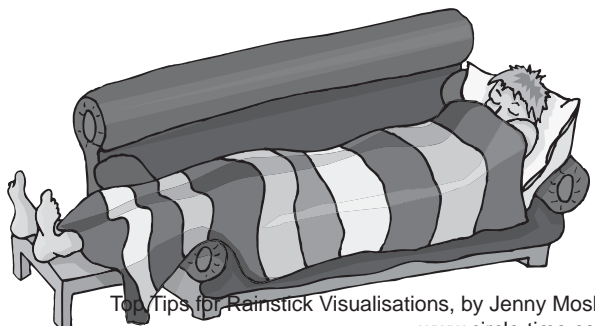
You are wrapped in a lovely, soft, duvet and you are warm and comfortable and just a tiny bit sleepy.

Feel the warmth of the duvet as it wraps around your whole body.

Pause

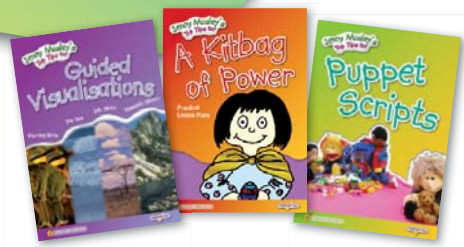
Wiggle your fingers and feel how relaxed they are.

Move your shoulders slowly round and round and feel how warm and relaxed they are.



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