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| **Section: Creating a happy space** | | | |
| **Objective:** | | To give the children a tool to deal with intrusive memories or negative thoughts.  The AIM of this activity is to help children create a place in their imagination where they can experience a sense of safety  SEL Competency: Self Management  Developmental level: Advanced  Key message: I can imagine a happy and relaxed place in my mind for when I feel bad  Time: varies depending on length of pauses desired. Give at least 5 minutes. Children of this age group can concentrate on this for up to 10 mins. Longer than this without adding more guidance, instruction, sounds etc. would be tough to concentrate for | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we are going to practise using our imagination to create nice, positive  images and feelings. Sometimes when we are upset, it helps to imagine a place that makes us feel calm and happy.  I want you to sit comfortably or lay down if you would like. Close your eyes or look gently at your toes or the tip of your nose. I’m going to give you a few seconds to get comfortable. |
| **3.** | FX (sound FX) | | FADE IN of calm soothing music to indicate start of visualization exercise |
| **4.** | Host | | I’m going to help you create a calm and hapy place in your own minds. When I ask a question, I want you to imagine the answer in your imagination.  When you’re creating a picture in your imagination, try to think of how it looks in lots and lots of detail. Imagine the way it looks, the smells and the sounds. Imagine how it would make you feel to be in the place you’re creating in your minds.  Are you ready to begin? |
| **5.** | All | | Yes |
| **6.** | Host | | Ok great! To start with, I want you to take a big breath in through your nose (pause) |
| **7.** | FX (Sound FX) | | Sound of breathing in 3 seconds |
| **8.** | Host | | and out through your mouth (pause). |
| **9.** | FX (Sound FX) | | Sound of breathing out 3 seconds |
| **10.** | Host | | And again, in through your nose (pause) |
| **11.** | FX (Sound FX) | | Sound of breathing in 3 seconds |
| **12.** | Host | | and out through your mouth (pause). |
| **13.** | FX (Sound FX) | | Sound of breathing out 3 seconds |
| **14.** | Host | | One more time, in through your nose (pause) |
| **15.** | FX (Sound FX) | | Sound of breathing in 3 seconds |
| **16.** | Host | | and out through your mouth (pause). |
| **17.** | FX (Sound FX) | | Sound of breathing out 3 seconds |
| **18.** | Host | | Well done |
| **19.** | FX (Sound FX) | | CONTINUE same calm visualization music.  No speech 5 sconds |
| **20.** | Host | | Now I want you to imagine somewhere where you feel calm, relaxed and happy. This could be somewhere real that you remember, maybe from a holiday, or it could be somewhere you have heard about, maybe in a story, or it could be somewhere that you invent and make up yourself. |
| **21.** | FX (Sound FX) | | CONTINUE same calm visualization music  No speech. 10 seconds |
| **22.** |  | | Some children imagine the house of someone they know loves them so much and would never hurt them, some children imagine a special place outside, this could be under a favourite tree or in a garden with lots of beautiful flowers. Some children imagine faraway places that they read or heard about in storybooks. |
| **23.** | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 10 seconds |
| **24.** | Host | | Imagine a picture of this place where you feel calm and happy. (Pause3 seconds)  Imagine that you are standing or sitting there. (Pause 3. seconds)  In your imagination, take a look around you and notice what you see. (Pause)  Look at the details of where you are and see what is close to you. (Pause)  See the different colours. (Pause)  Imagine reaching out and touching something. (Pause) |
| **25.** | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | Now take a look further away. What can you see around you? See what’s in the distance. Try to see the different colours and shapes and shadows. |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | This is your special place and you can imagine whatever you want to be there.  I want you to take a big breath in through your nose (pause) |
|  | FX (Sound FX) | | Sound of breathing in 3 seconds |
|  | Host | | and out through your mouth (pause). |
|  | FX (Sound FX) | | Sound of breathing out 3 seconds |
|  | Host | | And again, in through your nose (pause) |
|  | FX (Sound FX) | | Sound of breathing in 3 seconds |
|  | Host | | and out through your mouth (pause). |
|  | FX (Sound FX) | | Sound of breathing out 3 seconds |
|  | Host | | One more time, in through your nose (pause) |
|  | FX (Sound FX) | | Sound of breathing in 3 seconds |
|  | Host | | and out through your mouth (pause). |
|  | FX (Sound FX) | | Sound of breathing out 3 seconds |
|  | Host | | As your mind becomes more peaceful, your body will also lose some of its tension. You feel calm and happy.  What does the ground feel like? (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech. 5 seconds |
|  | Host | | In your imagination, walk around slowly, trying to notice the things there. Try to see what they look like and how they feel. What can you hear? (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech. 5 seconds |
|  |  | | Maybe the gentle sounds of the wind, or birds, or the sea. Can you feel the warm sun on your face? (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech. 5 seconds |
|  |  | | What can you smell? (Pause)  Maybe it’s the sea air, or flowers, or your favourite food cooking? (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech. 5 seconds |
|  | Host | | In your special place, you can see the things you want and imagine touching and smelling them, and hearing pleasant sounds. You feel calm and happy.  Can you take another deep breath in through nose (pause) |
|  | FX (Sound FX) | | Sound of breathing in 3 seconds |
|  | Host | | and out through your mouth (pause). |
|  | FX (Sound FX) | | Sound of breathing out 3 seconds |
|  | Host | | And again, in through your nose (pause) |
|  | FX (Sound FX) | | Sound of breathing in 3 seconds |
|  | Host | | and out through your mouth (pause). |
|  | FX (Sound FX) | | Sound of breathing out 3 seconds |
|  | Host | | One more time, in through your nose (pause) |
|  | FX (Sound FX) | | Sound of breathing in 3 seconds |
|  | Host | | and out through your mouth (pause). |
|  | FX (Sound FX) | | Sound of breathing out 3 seconds |
|  | Host | | Now imagine that someone special is with you in your place. This can be someone real that you know and feel safe with, or it can be someone from a story or a cartoon. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  |  | | This is someone who is there to be a good friend and to help you, someone strong and kind. They are there just to help you and they’ll look after you. Imagine walking around and exploring your special place slowly with them. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  |  | | You feel happy to be with them. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | Just look around in your imagination once more. Have a good look. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | Remember that this is your special place. It will always be there. You can always imagine being here when you want to feel calm and secure and happy. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | Your helper will always be there whenever you want them to be. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | Now get ready to open your eyes and leave your special place for now. You can come back when you want to. (Pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | Gradually become aware of your surroundings here and now. Notice the chair or the floor underneath you and feel your feet touching the ground. Gently move and stretch your limbs. (pause) |
|  | FX (Sound FX) | | CONTINUE same calm visualization music  No speech 5 seconds |
|  | Host | | In your own time open your eyes. As you do so, you feel calm, relaxed and happy. |
|  | FX (sound FX) | | 5 - 10 seconds of calm soothing music to indicate end of visualization exercise |
|  | Host | | How did that feel? |
|  | All | | Good |
|  | Host | | (ENCOURAGINGLY) Yeah? I’m glad to hear that!  Remember, this is a special place, just for you, that you can come back to whenever you want. Whenever you feel sad or angry or overwhelmed you can come back to this place in your imagination.  Did you notice how your feelings changed when you began to imagine this special place? |
|  | All | | Yeah |
|  | Host | | Remember you can always control what you see in your imagination. Even when you are feeling so, so bad, you can come to this special place in your imagination.  Just spending a few short moments here can help you to feel so much better.  You can practice coming here everyday, and the more you practice, the easier it gets to see your special place when you feel sad or angry or scared.  How does that sound? |
|  | All | | Good |
|  | Host | | Do you think you will be able to do this by yourself? |
|  | All | | Yes |
|  | Host | | You could also take out your colouring pencils or crayons and draw your special place. You could hang it on your wall in a place where you see it everyday to remind you to practice going there in your imagination.  How does that sound? |
|  | All | | Good! |
|  | Host | | Great! I’m so glad to hear that and I hope you have lots and lots of fun imagining your special place! |