

## Looking Toward the Future

### ***Guide students through the following breathing exercise***

Start by telling students to slowly inhale, pause, and then slowly exhale. Speak slowly and in soft tones. Next, tell students, "Begin to relax all parts of your body. Starting with your toes; wiggle them then relax. Let your feet feel heavy. Tense your legs then let them relax. They now feel heavy and relaxed. Tense your back, now let it relax and sink into the chair. Make a tight fist, now let your hands and fingers relax. Your hands feel very heavy. Tense your arms and let them fall freely. Now relax your neck and your face. Imagine all of your tensions going through the top of your head. Breathe in deeply; now exhale."

Repeat the breathing exercise three more times.

### ***Guide students through the following imaging exercise***

Speak slowly and pause often to give students a chance to see the pictures in their imagination. "As you relax, picture yourself in a house with your family. Imagine a time with your family when everyone is happy and smiling. Feel the happiness. Now see yourself standing in front of your own home. What does your home look like?" Pause for ten seconds.

"Walk to the front door. Open the door and walk in. What does the inside of your home look like? Walk into your living room. Imagine how the furniture looks. Walk through your house. Look into the kitchen and into other rooms. Now walk into the bathroom and look in the mirror. How do you look? What are you wearing? You are now 27 years old, how do you feel?" Pause for ten seconds.

"Who lives with you in this home? Walk through the house and find the others who live there. Greet the family in your home. Feel the warmth and happiness." Pause for ten seconds.

"Now it is time to come back to the classroom. Take three very deep breaths and then open your eyes when you are ready."