

The Best Version of Yourself



Make sure you are sitting comfortably on your chair and that your two feet are on the ground... You can rest your hands on the table or on your lap... Gently roll back your shoulders and notice the feel of the back of the chair on your back...

Take a deep breath in, filling your lungs with air, and slowly release the air through your nose... Close your eyes... Notice how the parts of your body act when in contact with the floor; feel your feet in contact with the floor... Notice the parts of your body that are in contact with the chair; feel your legs and your back in contact with the chair....

Take a deep breath in through your nose and, as you release the air back out through your nose, notice that your shoulder and back muscles are relaxing even more, melting all the way down your back....

As you breathe in through your nose, imagine you are breathing in a soft white light... as you breathe out, imagine you are softening and relaxing every muscle in your body...

As you are breathing in through your nose, and out through your nose, notice any sounds you can hear in the distance... sounds like traffic or children playing.

Notice all those sounds you can hear now that you are so relaxed and listening, while your breath is coming in and going out... Notice any sounds you can hear in the building: sounds from next door, in the corridor, loud sounds and soft sounds, sounds you can notice now that you are focussing all of your attention on them...

Notice any sounds you can hear in the classroom... the sound of my voice, maybe a projector or CD player humming, maybe you can hear water dripping somewhere...? Finally, notice the sound of your own breath, coming in and going out... (Pause for a moment or two)

Imagine you are in your favourite place... it can be anywhere, inside or outside, somewhere where you feel very peaceful and happy.... You love to come to this place and you are happy to be here again, in your imagination...

Imagine you can see a mirror, it can be any type of mirror, it can be modern or old-fashioned, it can be big, or small, it could be full-length or hand-sized... Look into the mirror and in the mirror you see an image of yourself... This is the best version of yourself that you can be at this moment... Look at this best version of yourself... What do you see? (Pause)

What does this person look like...? Are you happy with yourself...? What might the best version of yourself say to you now...? What advice might this best version of yourself give to you now, to help you or to guide you to become the person that you want to be...? (Allow a few moments of quiet time for the children to reflect on what they have heard)

It's time now to leave your favourite place in your imagination... know that you can go there any time you wish and that it is your unique place... Just for you.... (Pause)

Now notice the sounds in your own body again, the sound of your breath, coming and going out... Notice how relaxed and calm you are feeling in yourself... Notice any sounds you can hear in the room, sounds that you can hear more clearly the more you focus your attention on them...

Maybe you'd like to gently move your arms or legs, shrug your shoulders... Take another breath in through your nose and release the air out through your nose again...

And when you are ready, you can open your eyes...

**Walk Tall,
Fifth Class p. 45**