

Learning to Deal with Worry



In a moment I am going to ask you to close your eyes and I will take you on an imaginary trip. When we are finished you can draw something of what you saw and some of how you felt ...

Now, I'd like you to get as comfortable as you can and close your eyes ... With your eyes closed, you get a sense the space around you—where your body is and the air that's around you..... It's a nice place to be, because it's your place, it's your space ...

Notice what's going on in your body ... Notice if you feel tension anywhere ... Don't try to relax the places where you might feel tense ... Just notice them ...

How are you breathing? Are you taking deep breaths or are you breathing with small, quick breaths? I'd like you to take a couple of deep breaths ... Let the air out with some sound ...

Now imagine that your breathing is like gentle waves on the shore and that as the wave comes in it brings energy and that it washes tension out of your body as it goes out Feel the energy come in ... Feel the tensions wash out ... Continue this for a few moments breathing in and out ...

Now we are going on an imaginary journey. See if you can follow along ... Try to imagine what I tell you and see how you feel as you're doing it ...

I want you to imagine that you are walking in a garden ... Look around the garden, notice the flowers the shrubs the fruit trees ...You stand for a moment and notice the colours the smell of the flowers ...

You look towards the corner of the garden and you see a small building covered with ivy, honeysuckle and other flowers ... You walk to the building and you notice a door ... You open it and go inside and find a wonderful room with beautiful treasure chests, each with a name written on it ... You come to a chest with your name on it ... You stand looking at it ... You know that it is your chest ... You open it and see that it is full of precious things ... As you explore these you realise that they represent your talents and abilities Think of all your talents and abilities ...

Explore these talents and abilities ... How does it feel as you become aware of your talents and abilities ...? Think of these talents and abilities and of how these can help you when you are worried ... or how you can help others if they're worried (using your talents or abilities ...) Think of all the people who could help you when you're worried ...

When you are ready you will open your eyes and find yourself back in this room ... When you open your eyes, I would like you to get some paper and crayons and draw pictures, symbols, words to represent your talents and abilities ... just draw what comes in to your head ... Whenever you feel ready you can begin.

**Walk Tall,
Fifth Class p. 37**