

Guided Imagery as an Intervention for Pupils in Key Stage 2

Session Plans

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Resources needed for each session

For each session you will need:

- CD of relaxing music (provided), plus CD player
- Workbooks (provided)
- Flip chart and pens
- Pencils/pens for children to write with
- Pencil crayons/felt tips for children to draw with

These resources will also be needed for particular sessions:

Session	Provided	Also needed:
1		Pieces of paper
2	Pictures of famous people	
3		5-6 objects for jumble sale game (imperfect but still basically in working order e.g. sock with hole in)
4	"Problem page" letters	
5	Example/s of a diary Feedback forms	

Session 1

Using our Imaginations

Introduction and group rules

Introduce yourself and explain what guided imagery is – using our imaginations to explore different ideas and find out about ourselves. Explain that the children will take part in five sessions, where they will do some guided imagery some activities and games, and some discussion about different topics.

Explain that they will often be asked to think about themselves and how they feel about different things, such as friendships or thoughts they may have about themselves. Sometimes they may be asked to discuss things, or share their thoughts with the group.

Explain that it will probably be a good idea to create some “group rules” that everyone follows, to make sure that everyone enjoys being in the group. Ask the children “What kind of rules might be helpful for everyone to follow?”

Help the group to come up with a few group rules, concentrating on things such as listening carefully to each other, respecting everyone’s points of view, not having to speak if they don’t want to, keeping things “within the group” etc.

Write the group rules on the flip chart so that children can see them.

Warm up – Getting to know you!

Ask children to introduce themselves one by one.

Then ask children to write down their favourite TV programme, food and thing to do with school on a piece of paper, then fold them up and put into a box in the middle of the table. Take each out in turn and read out the description. See if you can match each description with the right child. As you match each child with their description, ask the child “What animal would you like to be, and why?”.

What is our imagination?

Discuss the following questions with the group, writing responses on flip chart.

- What is “imagination”?
- Can we control our imaginations?
- Which of our five senses can we use in our imaginations?
- Can other people imagine exactly what we’re imagining?

What is relaxation?

You will be using your imaginations to explore different ideas; sometimes by imagining you are a different person or creature, or by imagining you are in a different place. You will be able to use your imaginations much more effectively if you are feeling relaxed and comfortable. To do this, it will be helpful if we can learn how to relax.

- **How do we feel when we are relaxed?** (e.g. might feel happy, comfortable, able to concentrate. Breathing is at a normal, “resting” rate.

Today's session...

In today's session we're going to do an exercise to help us relax. We will begin the guided imagery the same way every week. After we've done the relaxing exercise this week, I'm going to move onto asking you to use your imagination to imagine that you are a cat. Just listen to what I ask you to do, and let your imagination do the rest of the work! It will probably be easier to close your eyes when you do this, so that you are not distracted by other things in the room. Try to ignore noises that you can hear, like doors banging or people going past the room. Also, it's really important that you don't disturb anyone else, so try not to make noises or to talk as we're doing this. If your imagination seems a bit fuzzy don't worry – sometimes it can be hard to use our imaginations like this, especially when we're trying to use them in a new way. If this happens to you, just do your best – things will probably get easier as you get used to it. If you want to say something or ask a question, try and save it for when we're finished! At the end I'll slowly bring you out of your imagination and back to normal. Try and stay nice and relaxed when we start doing this, just take it slowly and follow what I ask you to do. If you're enjoying what you're thinking about, remember you can always go back and visit later on, perhaps when you're nice and relaxed in bed later on and getting ready to go to sleep.

Are you ready? Then off we go...(put music on)

Make sure you are sat in a comfortable position...make your whole body go loose...let your body sink into the chair so that you are as still as can be...begin to think about your toes. Relax your toes and feel them getting warm and heavy...let all the tightness just float away from your toe muscles so that they are not having to do any extra work...now let go of any tightness in your legs. Put all your attention into your legs and let the muscles relax, release, let go...when your legs are relaxed begin to think about your tummy. Feel the muscles in your tummy go soft, relaxing and releasing any tightness that may be there...feel your hands and arms getting warm and heavy as they rest comfortably by your sides...your fingers are very slightly curled but there is no tightness in them...Now think about your shoulders. It's easy to let our shoulders get tight when we're dashing about doing things all day, always in a rush. Gently raise your shoulders up towards your ears now and feel how hard the muscles have to work to keep them there...then let go...and feel the difference...notice how it felt

when they were tight and how it feels when your shoulders are more relaxed...now let go even more than you thought you could...think about your face. Feel a smile start to come...let the smile spread and spread until it reaches your eyes! ...Now let it go so that all the muscles on your face gently relax and your forehead feels a little wider and higher than it did before...if you haven't already shut your eyes, let your eyes gently close now...feel them become heavier and heavier so you couldn't open them even if you tried...notice your breathing. Be very still as you feel the air going into your body when you breathe gently and quietly...feel it as it slowly goes out again...in and out like waves on a seashore...in...and...out...in...and...out...now forget about your breathing and just feel yourself relaxing more and more...imagine that there is a warm light coming up from the ground...it is flowing through your feet...through your legs...your body...your arms...your shoulders...and your head...it floats away through the top of your head and drifts upwards...now your body is still relaxed but your mind is awake and ready...

...Now imagine you are a cat. You are a cat, sitting on a comfortable old armchair in a sitting room, in the sun... Look at your fur. Notice the different colours that you can see – are you the same colour all over?... Now feel the warmth of the sun on your fur as you sit in a beam of sunlight... You notice your fur is a little bit out of place on your shoulder. As you lick it back into place, notice how your fur feels against your tongue... Now you are lovely and warm, feeling cosy as you curl up into the cushions... As you close your eyes to go to sleep, you listen to the sounds you can hear outside. What sounds can you hear? Which ones are can you hear the clearest?... Now you can smell the delicious smell of food drifting into the room from the kitchen. It's your favourite meal...maybe they will save you some scraps for later... Now you are looking at yourself, curled up asleep on the armchair. Notice the shape and the colour of the armchair, and look at the carpet beneath you... Look around the room. Notice the furniture and what is on the walls... Look at the window to the room, notice its shape and how it looks onto the garden outside... OK. Now step out of being the cat, back to being yourself, standing in the garden and looking at the house...now being to slowly walk down the garden, letting the image fade, and thanking your imagination for taking you on that journey... OK, now it's time to slowly return to normal. Take three deep breaths... Now start to think about your toes and fingers, give them a little wriggle...keep your eyes closed and feel how your body is gradually back in the room where we started. Notice the feel of your clothes against your skin and your body touching the chair...still keep your eyes closed for a little while longer. Begin to listen to the sounds in the room and outside...now wriggle your toes and fingers again and when you're ready, have a big stretch and open your eyes slowly...and here you are back in the room! Just sit quietly for a while and then when everyone is ready we can talk about what happened.

Ask the children:

- How did it feel to do that?
- Did you enjoy the experience?
- Was it easier to imagine the pictures, smells, sounds, or textures?
- Which were the hardest to imagine?

Now, with a partner, discuss what you imagined. Tell each other what you enjoyed about the experience and ask each other questions to find out how their experience was the same or different to yours.

Come back together as a group and share some feedback.

Discuss how you don't have to be a cat to imagine being one!

In the next few sessions you will use your imaginations to imagine lots of different things and experiences. In some sessions we will use drawings and sometimes writing to record our experiences. Show children the workbooks they will use to record these.

Activity

In their workbooks, children complete the first page – “What am I looking forward to about these sessions?”

Thank the children for taking part in the session.

Session 2

What makes me a special person?

Welcome and Recap

Welcome children and review last week's concepts/activities, e.g:

- What did we do last session?
- Why?
- How did it feel? etc

Warm up – Why am I famous?

Give each child a piece of paper with the name/picture of a famous or well-known person. In turn, children introduce themselves as that famous person, and say why they are famous. For example, "I'm Frank Lampard, and I'm famous for being very good at football."

- Why do people consider these people to be famous?

Discuss with the children which of those people are famous for having a particular talent (e.g. a sportsperson or actor), which are famous for being in a certain position (e.g. the Queen or the Prime Minister), and which are famous for other reasons.

- Can you think of anyone you know who could be famous for one of these reasons?
- If they were famous, what would people recognise them for?

In turn, children share their ideas with the group, e.g. "If my brother was famous, it would be because he's great at telling jokes".

Discuss how everyone has special talents, or particular things that make them different to other people.

Today's session...

So, we've spent some time thinking about well-known people and what makes them special, and people who you know who have done something special. Today we're going to think about what makes us special. Now, sometimes it's quite hard to think of things off the top of our heads, and sometimes it's a bit embarrassing to say things like this in front of other people. So, we're going to use our imaginations, like we did last week, to help us.

Review flip-chart responses from last week about imagination – whether we can control it, what senses we can use etc.

You'll remember from last week that it's good to be relaxed and comfortable before you can use your imaginations effectively. Today we're going to start off with our relaxation exercise, then we'll move into imagining that you are at an awards ceremony. Like last time, just listen to what I ask you to do, and let your imagination do the rest of the work! It will probably be easier to close your eyes when you do this, so that you are not distracted by other things in the room. Try to ignore noises that you can hear, like doors banging or people going past the room. Also, it's really important that you don't disturb anyone else, so try not to make noises or to talk as we're doing this. If your imagination seems a bit fuzzy don't worry – sometimes it can be hard to use our imaginations like this, especially when we're trying to use them in a new way. If this happens to you, just do your best – things will probably get easier as you get used to it. If you want to say something or ask a question, try and save it for when we're finished! At the end I'll slowly bring you out of your imagination and back to normal. Stay nice and relaxed when we start doing this, just take it slowly and follow what I ask you to do. If you're enjoying what you're thinking about, remember you can always go back and visit it in your imagination later on, perhaps when you're nice and relaxed in bed, getting ready to go to sleep.

Are you ready? Then off we go... (put music on)

Make sure you are sat in a comfortable position...make your whole body go loose...let your body sink into the chair so that you are as still as can be...begin to think about your toes. Relax your toes and feel them getting warm and heavy...let all the tightness just float away from your toe muscles so that they are not having to do any extra work...now let go of any tightness in your legs. Put all your attention into your legs and let the muscles relax, release, let go...when your legs are relaxed begin to think about your tummy. Feel the muscles in your tummy go soft, relaxing and releasing any tightness that may be there...feel your hands and arms getting warm and heavy as they rest comfortably by your sides...your fingers are very slightly curled but there is no tightness in them...Now think about your shoulders. It's easy to let our shoulders get tight when we're dashing about doing things all day, always in a rush. Gently raise your shoulders up towards your ears now and feel how hard the muscles have to work to keep them there...then let go...and feel the difference...notice how it felt when they were tight and how it feels when your shoulders are more relaxed...now let go even more than you thought you could...think about your face. Feel a smile start to come...let the smile spread and spread until it reaches your eyes! ...Now let it go so that all the muscles on your face gently relax and your forehead feels a little wider and higher than it did before...if you haven't already shut your eyes, let your eyes gently close now...feel them become heavier and heavier so you couldn't open them even if you tried...notice your breathing. Be very still as you feel the air going into your body when you breathe gently and quietly...feel it as it slowly goes out again...in and out like waves on a seashore...in...and...out...in...and...out...now forget about your breathing and

just feel yourself relaxing more and more...imagine that there is a warm light coming up from the ground...it is flowing through your feet...through your legs...your body...your arms...your shoulders...and your head...it floats away through the top of your head and drifts upwards...now your body is still relaxed but your mind is awake and ready...

...Imagine you are in an empty hall, with a stage at the front and rows of empty chairs facing it.. You are standing in front of the stage, looking up at it. What does it look like? Are there any curtains or anything else on the stage? At the moment the room is quiet. Now you walk up the steps to be on the stage. The room is so quiet you can hear each footstep echo round the walls. Look at the rows of empty chairs facing you. What feelings do you have as you stand up on the stage? Take a moment to really notice what it feels like, being on stage. In the distance you can hear people talking and sometimes laughing; it sounds like they're coming towards the hall. You think you recognise some of the voices – who is it? Maybe it is a teacher or a friend, or someone in your family. Sure enough, the hall slowly begins to fill up with people, and you realise that you recognise every single one of them – family, friends, teachers, other people you know...picture their faces as they smile warmly at you and say hello. You watch, amazed and surprised, as all of these familiar people take seats in the hall and continue chatting to each other. As you stand on the stage, take a moment to look at all these people sat in front of you. What feelings do you have now that the seats are all filled? Can you smell any familiar smells, perhaps someone's perfume? Suddenly the room goes quiet and everyone turns faces the door at the back, expectantly. A person stands in the doorway and smiles warmly at you from the back of the hall. Who is the person? Is it someone you know, or someone you've never seen before? Whoever it is, you can tell they are a friendly person and, like everyone else in the room, you can sense they are here for you. As this person walks towards the stage, take a minute to notice what they look like. How old are they? What are they wearing? The person walks onto the stage and shakes your hand, still smiling. "Take a seat", they say, offering you a comfortable chair. You sit down, wondering what is happening but knowing it is something good. The person begins speaking, addressing the whole audience. "Well, how lovely it is to see so many friendly faces in the audience", they say. "You may be wondering who I am and why you are here. Well, I am your host, and today we have a very important job to do." The host turns and looks towards you. "We are here to show this young person exactly why they are so special to us, and what important role they play in our lives. Everyone needs to feel special sometimes, and that is what we're here to do." Slowly you look around the room. How do you feel now? You can see individual people in the audience looking at you, still smiling. How did they manage to plan this without you knowing, you wonder. Even if you feel a bit embarrassed or scared, you know that each person is here to do a good thing, to make you feel special, and that makes you feel OK. "So, on with the ceremony", the person says, excitedly. "Will our first person please come to the stage." And with that, one of the audience rises to their feet

and walks up onto the stage. You smile as you recognise that person, and wonder what they will say to you. Facing you, they take an envelope out of their pocket and place it in your hands. What does the envelope look like? Turn it over in your hands. What does it feel like? How do you feel? "This is for you," they say, with a smile. "Look at it and understand why you are special to me". As they walk back to their seat, you open the envelope and look at the message inside. What has the person put? Perhaps they have drawn a picture or written a message. How do you feel now? "And now onto our next guest", the host says. Another member of the audience walks onto the stage towards you. Who is it? "I have recorded why you are an important person in my life and why you are special" they say, as they press an envelope into your hands. Again you open the envelope and take out the message inside. What does the paper feel like as you hold it between your fingers? Look at the words or picture inside and try and capture the feelings you have. The person smiles warmly at you as they walk back to their seat, knowing they have made you feel special. "And now onto our final guest for today", the host says. A third person makes their way onto the stage, and gives you another envelope. "You might not realise this, but you are a very special person to me", they say, as you hold it in your hands. "This will show you why". And with that, they return to their seat. You look at their message, and take a moment to notice how you feel. Again, you try and capture the feelings you have, and store them inside your heart. "Well, ladies and gentlemen, thank you for coming to our ceremony today. This young person is very special to us and it is lovely that we have been able to show him why". You watch, clutching the envelopes in your hand, as the audience rise to their feet and clap. Listen to the applause as it fills the hall, and think about your feelings as you realise every person is clapping for you. The applause dies down and the host walks out of the hall, with the audience beginning to follow him. You watch as all these familiar people leave, waving to you as they go. Soon you are back on your own on the stage, looking back at the empty chairs in front of you. How do you feel now? Now imagine you are stood in the doorway, where everyone came in. Look at yourself stood on the stage, clutching the three envelopes. Now imagine you are looking down onto your school from above, as if you are a bird flying overhead. It's time to slowly return to normal. As you look down onto your school from above, step back into being yourself, and thank your imagination for taking you on that journey. Take three deep breaths... Now start to think about your toes and fingers, give them a little wriggle...keep your eyes closed and feel how your body is gradually back in the room where we started. Notice the feel of your clothes against your skin and your body touching the chair...still keep your eyes closed for a little while longer. Begin to listen to the sounds in the room and outside...now wriggle your toes and fingers again and when you're ready, have a big stretch and open your eyes slowly...and here you are back in the room! Just sit quietly for a while and then when everyone is ready we can talk about what happened.

Bring the group together. Give the children some time to discuss their experiences with their partners, using the standard questions – favourite/least favourite part, feelings at start/end of the guided imagery etc.

In pairs, ask children to discuss the following questions.

- How did you feel when you were alone in the hall, before the ceremony?
- What could you hear/smell?
- How did you feel when the audience started to come in?
- What could you hear/smell?
- What about when the host came in, how did you feel then?
- As the audience left and you were left alone again, what feelings did you have? Can you think why you felt like this?

Bring group back together and ask children to share some of their feelings and answers with the group.

Now, I'd like you each to think about the three people who gave you messages. Who were those people? Could you see their messages? Does anyone want to share their messages with the group?

Activity:

Show children the messages page of their workbooks. Children write or draw the messages the three people gave them, and place them in the envelopes (if they couldn't imagine what the message might have been, help them to think of something positive the person might have put. If they find this too difficult, ask them to think of something they would have liked the person to have put).

Ask the children how they feel now the session is nearly over – do they realise how they feel special to other people, and how they feel valued by these people?

If time, ask the children to say one positive thing to the person next to them.

Thank the children for taking part in the session.

Session 3

Being happy with myself!

Welcome and Recap

Welcome children and review last week's concepts/activities, e.g.:

- What did we do last session?
- Why?
- How did it feel? etc

Warm Up – Jumble Sale Gems

Working in pairs, children are given an every day object that is in working order but not perfect (e.g. a scuffed shoe, sock with a hole in etc). Being mindful of the object's best points, the children try to "sell" the object to the rest of the group, perhaps turning the object's faults into "selling points". You will probably have to demonstrate this first!

Today's session

So last time we thought about what makes us special and why we may be valued by others. In the game you've just played, you've taken ordinary everyday objects that had some things a little bit "wrong" with them, and made them appealing to us by turning those negatives round into positives. We can do the same with people.

- Think about someone you really like or admire (it can be a famous person if you like). What is it about them that makes you like them?
- Can you think of something that other people might not like about that person, or that if you didn't like them so much, you would not like?

Everyone has things about themselves that they're not 100% happy with; maybe it's something to do with how we look (e.g. I hate being smaller than my friends), maybe it's a habit we have (e.g. I can't stop biting my nails), or maybe it's something we don't like about the way we behave (e.g. I always cry if someone teases me, I wish I could just ignore them). Sometimes, we can change these things. But this can be difficult, or take a long time! Other times, though, we can't change these things, or we might just not want to. In this case we have to learn to accept them as being part of us, and part of what makes you "you". This can also take a long time and can sometimes be hard, but one thing we can try and do to help is to not to let other people's comments hurt us.

Today we're going to use our imaginations to imagine what it's like to cope really well with hurtful comments.

Are you ready? Then off we go...(put music on)

Make sure you are sat in a comfortable position...make your whole body go loose...let your body sink into the chair so that you are as still as can be...begin to think about your toes. Relax your toes and feel them getting warm and heavy...let all the tightness just float away from your toe muscles so that they are not having to do any extra work...now let go of any tightness in your legs. Put all your attention into your legs and let the muscles relax, release, let go...when your legs are relaxed begin to think about your tummy. Feel the muscles in your tummy go soft, relaxing and releasing any tightness that may be there...feel your hands and arms getting warm and heavy as they rest comfortably by your sides...your fingers are very slightly curled but there is no tightness in them...Now think about your shoulders. It's easy to let our shoulders get tight when we're dashing about doing things all day, always in a rush. Gently raise your shoulders up towards your ears now and feel how hard the muscles have to work to keep them there...then let go...and feel the difference...notice how it felt when they were tight and how it feels when your shoulders are more relaxed...now let go even more than you thought you could...think about your face. Feel a smile start to come...let the smile spread and spread until it reaches your eyes! ...Now let it go so that all the muscles on your face gently relax and your forehead feels a little wider and higher than it did before...if you haven't already shut your eyes, let your eyes gently close now...feel them become heavier and heavier so you couldn't open them even if you tried...notice your breathing. Be very still as you feel the air going into your body when you breathe gently and quietly...feel it as it slowly goes out again...in and out like waves on a seashore...in...and...out...in...and...out...now forget about your breathing and just feel yourself relaxing more and more...imagine that there is a warm light coming up from the ground...it is flowing through your feet...through your legs...your body...your arms...your shoulders...and your head...it floats away through the top of your head and drifts upwards...now your body is still relaxed but your mind is awake and ready...

...It is a beautiful, sunny day and you are walking through a forest, minding your own business. The forest is full of different sounds. Stop for a moment – what noises can you hear? What can you see around you? How are you feeling? You carry on walking, snapping twigs and crunching leaves as you go. After a while you come across a clearing in the forest. Sat on a rock in the clearing is a strange creature, which doesn't look very friendly but doesn't scare you either. You have never seen one of these creatures before, so you take a moment to look at it; it hasn't seen you. What does it look like? You need to walk past it, so you try and creep past whilst it is not looking. But as you try and get past, it hears you and steps into your way, standing in the middle of your path. You want to get past but it doesn't seem to want to let you through. How do you feel now? The strange creature begins to speak. "Well then, what do we have here?" it says, looking you up and down. Although you are not scared, you can just tell it's going to say something hurtful to you...except a strange thing happens when it opens

its mouth. A big murky-looking bubble starts to appear from its mouth as it speaks, and you can see its words floating around inside it, as the creature says the hurtful comment. The bubble floats towards you and the creature looks at you, waiting for your response. And now another strange thing happens. You suddenly feel even calmer than you did before. All the feelings you had a moment ago have slipped away, and you feel confident and strong. Before the bubble has a chance to reach you, you pat it with your hand, sending it towards the bushes. The bubble bursts all over them to leave a slimy, sticky mess. Watch as the hurtful words seem to melt away. How do you feel now? You look back at the strange creature, wondering what it will do now. It looks confused and shocked, but now seems smaller than it did before. You look down at it as it opens its mouth to say another hurtful thing. Again, a big bubble forms and the words float around inside it. This time, as the bubble heads towards you, you use your fingers to flick it away towards a tree. The bubble is burst by a branch. Look at the slimy mess dripping onto the forest floor. Watch as the hurtful words seem to melt away, disappearing into the mud. How do you feel now? You look again at the strange creature, with a smile on your face. It is now small enough for you to walk past, but you feel so confident and so strong that you want it to say one more hurtful comment, just to see if you can get rid of that too. The creature looks up at you and thinks hard of something it can say that will really hurt you. With a funny expression on its face the creature opens its mouth, and sure enough another bubble grows, filling with the hurtful words as they leave the creature's mouth. As the bubble floats towards you the creature looks at you with wide eyes, sure that this will be the comment to make bring you down. But you still feel confident and strong, and know there's no way the words will hurt you. This time, you just take a deep breath and blow the bubble away, watching with a smile as it lands on the ground, bursting to leave a pile of sticky, slimy mess. Again, the words disappear into the ground and the strange creature, now even tinier than before, runs over to the slimy mess, open-mouthed. As it pokes the slime, the creature is sucked into it and you watch, amazed, as it slowly disappears, like all of the hurtful words it said. Soon all that remains is a puddle of muddy sludge on the forest floor. Realising your path is clear, you step over the puddle and continue walking along the rest of the path and out of the forest. As you come out of the forest and back into the daylight you realise you are near school so you walk, along the pavement, up the street and towards the school gate. Open the gate and come into school, walk down the corridors to the hall (*or wherever the session is taking place*) and lie down quietly on the floor. It's time to slowly return to normal. Take three deep breaths... Now start to think about your toes and fingers, give them a little wriggle...keep your eyes closed and feel how your body is gradually back in the room where we started. Notice the feel of your clothes against your skin and your body touching the chair...still keep your eyes closed for a little while longer. Begin to listen to the sounds in the room and outside...now wriggle your toes and fingers again and when you're ready, have a big stretch and open your eyes slowly...and here you

are back in the room! Just sit quietly for a while and then when everyone is ready we can talk about what happened.

Bring the group together. Give the children some time to discuss their experiences with their partners, using the standard questions – favourite/least favourite part, feelings at start/end of adventure etc.

Ask the group:

- What did the creature look like?
- When the creature said the hurtful things, could they tell what was being said? (They do not have to share what was said with the group)
- Were the bubbles any particular colour?
- How did they feel when the bubbles burst?
- How did they feel when they came out of the forest?
- How do they feel now?

At the beginning of the session we talked about how everyone has things about themselves that they don't like, or things that others may "pick on". Perhaps when you find yourself thinking about these things in future, or if someone says something hurtful to you, perhaps you will be able to imagine the thought or words in a bubble that you can burst, like you imagined today.

Activity

Show children the "forest" page of their workbooks. Ask them to draw the creature, and then to draw the sticky, slimy messes left by the word bubbles (one on the bushes, one on a tree, and one on the ground).

Ask the children how they feel now the session is over.

- How do you think you would feel now, if someone said something hurtful to you?
- How do you feel about yourself, and the things that you might not like?

Thank the children for taking part in the session.

Session 4

Being a good friend to others!

Welcome and Recap

Welcome children and review last week's concepts/activities, e.g:

- What did we do last session?
- Why?
- How did it feel? etc

Warm Up – Agony Aunts and Uncles

Read the group a pretend letter to a magazine's "problem page" (see resources). In pairs, children think of the advice they would give the person, and discuss this with the rest of the group.

Today's session

So, in our sessions so far we've thought about how we're special to other people, and how we feel when someone says something horrible to us. Then we imagined the horrible words being in a bubble that we could burst, which helped us to feel better. Today we're going to think about what it means to be a good friend.

- Think of a person who you think is a good friend (either to you or someone else). Why do you think they are a good friend – what qualities do they have?
- What qualities do you think a good friend should have? Do you think you have to have all the same interests? Do you need to be the same age?
- What qualities make a bad friend?

On a flip chart, list the qualities that the group feel make a good friend and bad friend.

So we've got a list here of the type of things we'd look for in a friend, and another list of the type of things we wouldn't look for in a friend. Today we're going to use our imaginations to explore the idea of being a good friend to other people.

Are you ready? Then off we go...(put music on)

Make sure you are sat in a comfortable position...make your whole body go loose...let your body sink into the chair so that you are as still as can be...begin to think about your toes. Relax your toes and feel them getting warm and heavy...let all the tightness just float away from your toe muscles so that they are not having to do any extra work...now let go of any tightness in your legs. Put all your attention into your legs and let the muscles relax, release, let go...when

your legs are relaxed begin to think about your tummy. Feel the muscles in your tummy go soft, relaxing and releasing any tightness that may be there...feel your hands and arms getting warm and heavy as they rest comfortably by your sides...your fingers are very slightly curled but there is no tightness in them...Now think about your shoulders. It's easy to let our shoulders get tight when we're dashing about doing things all day, always in a rush. Gently raise your shoulders up towards your ears now and feel how hard the muscles have to work to keep them there...then let go...and feel the difference...notice how it felt when they were tight and how it feels when your shoulders are more relaxed...now let go even more than you thought you could...think about your face. Feel a smile start to come...let the smile spread and spread until it reaches your eyes! ...Now let it go so that all the muscles on your face gently relax and your forehead feels a little wider and higher than it did before...if you haven't already shut your eyes, let your eyes gently close now...feel them become heavier and heavier so you couldn't open them even if you tried...notice your breathing. Be very still as you feel the air going into your body when you breathe gently and quietly...feel it as it slowly goes out again...in and out like waves on a seashore...in...and...out...in...and...out...now forget about your breathing and just feel yourself relaxing more and more...imagine that there is a warm light coming up from the ground...it is flowing through your feet...through your legs...your body...your arms...your shoulders...and your head...it floats away through the top of your head and drifts upwards...now your body is still relaxed but your mind is awake and ready...

You are in a school playground. Look around – is it your own playground or a different one? Look and listen for a minute – what can you see? What can you hear? Today is very special. You are invisible, so no-one in the playground can see you. You can listen to people's conversations, watch them, make silly faces, and no-one can tell! You don't walk or run, like humans - how do you move? Do you fly? Do you glide? Take a moment to enjoy being invisible in your playground... Now, as well as being invisible, you have two other very special powers. You are a Friendship Fixer, which means that you can spot people who are having a difficult time with other children, and help them to find an answer to their problems. You freeze time for a moment by drawing a circle in the air with your finger, then you whisper into their ears; and they know what to do, even though they don't know it's you! It's time to find someone who needs your help. Look around the playground. In the corner you can see a child, eating some crisps. But she doesn't look like she's very happy. There are some other children near her and it looks like they're making her unhappy. Listen and watch carefully – what are they saying and doing to make her feel like this? It's time to help her. Draw a circle in the air with your finger. Time stands still, like you've paused a DVD. Remember, no-one can see you, but you're going to help this situation. Go up to the girl and whisper into her ear, something to help her. Maybe it's some advice, or maybe it's something to make her feel better. When you've finished, draw a star in the air with your finger to unfreeze the situation. Watch as the situation

changes – what happens? Now have another look around the playground, until you find some else to help...sat on a bench are two children. It looks like they are having an argument about something. Both of them seem very angry – how can you tell you feel like this? You know you can help them. Move towards them, then draw a circle in the air with your finger. Again, time freezes as if you've paused it, and you whisper something to each child. What do you whisper to each child? Is it some advice, or something to make them feel better? Remember you are still invisible so they can't see you. When you've finished, draw a star in the air with your finger to unfreeze the situation, and watch and listen. What do the two children do? Do they say anything? How have you helped the situation? Out of the corner of your eye you see a familiar person. As you take a closer look you realise it is you, and that although you are an invisible Friendship Fixer, you can also see your normal self in this playground, as if you're watching yourself on TV. Where are you in this playground? Who is around you, and what are they doing? Something is making you look unhappy – you can tell there is something wrong. What is it? Can you tell? You realise you can use your Friendship Fixing powers on yourself. So, once again, draw a circle in the air with your finger, so that time freezes as if it's been paused. Move closer to yourself, and whisper something into your ear. What is it? Is it some advice, or something that makes you feel better? When you've finished, draw a star in the air with your finger to unfreeze the situation, and watch what happens. What do you do? Do you say anything? OK. Your work as an invisible Friendship Fixer is finished for today. Gently float above the playground, looking down at all the children, especially the ones you helped. Now fly back towards where we are now...see the school from above, and zoom in to the room where we are now...and gently melt into your normal self. It's time to slowly return to normal. Take three deep breaths... Now start to think about your toes and fingers, give them a little wriggle...keep your eyes closed and feel how your body is gradually back in the room where we started. Notice the feel of your clothes against your skin and your body touching the chair...still keep your eyes closed for a little while longer. Begin to listen to the sounds in the room and outside...now wriggle your toes and fingers again and when you're ready, have a big stretch and open your eyes slowly...and here you are back in the room! Just sit quietly for a while and then when everyone is ready we can talk about what happened.

Bring the group together. Give the children some time to discuss their experiences with their partners, using the standard questions – favourite/least favourite part, feelings at start/end of adventure etc.

Ask the group:

- How did it feel to be a Friendship Fixer?
- What did you like about it?
- Is there anything you didn't like about it?
- Do you think you helped each of the children?
- How could you tell?

At the beginning of the session we talked about what makes a good friend and a bad friend. When you were a Friendship Fixer you were being a good friend, by giving each of the children, including yourself, some advice or saying something to make them feel better. Remember that when you had nearly finished the adventure, just before you returned to normal, the Friendship Fixer “melted” into your body. So you might still feel like the Friendship Fixer is inside you, ready to help you if you have a problem in the future.

Activity

In their workbooks, children write in the speech bubbles to show the advice they gave each child when they were a Friendship Fixer.

Ask the children how they feel now the session is over.

- Do you think you were a good Friendship Fixer?
- Do you think you are a good friend to other people?
- If you are having a problem in the future, how do you think the Friendship Fixer could help you?

Thank the children for taking part in the session.

Session 5

Being the best person I can be!

Welcome and Recap

Welcome children and review last week's concepts/activities, e.g.:

- What did we do last session?
- Why?
- How did it feel? etc

Warm Up – What were we doing a year ago?

Show the children a diary. Ask the children if they know what it is, what it's used for, do any of them keep a diary etc. Talk about how there are different kinds of diary, such as one for appointments, one for personal thoughts, blogs to share experiences, etc. All of them help to record what you were doing or feeling at a particular time.

See if you can remember back to a whole year ago, when you were coming to the end of Year In pairs, ask each other these questions.

- Who was your teacher?
- Can you remember what you were learning about this time last year?
- Can you remember what you liked and disliked about school then?
- Where did you live?
- Did you have any hobbies or things you really liked?
- Who were you friends with?

Then discuss:

- Has anything changed since you were in Year ... ?
- What is the same?

Today's session

Today's warm-up activity asked us to use our memories to remember things from a year ago. This is kind of the opposite to what we've been doing in these sessions so far, when we've been using our imaginations to imagine what things would be like in different places or situations, such as in a big hall, a forest, and a playground. Because these were imaginary situations that we'd not experienced before, we couldn't use our memories so we used our imaginations instead.

Today we're going to do something a little bit different – we're going to use our imaginations to imagine ourselves in a different time, but not a time in the past; a time in the future. You're going to imagine what life could be like for you in the next few months, so between now and, say, the spring (Easter) holiday. Think for a moment:

- What is likely to happen for you in the next few months? (e.g. end of term/Christmas celebrations and activities? School trips? New baby in the family etc)
- How do you feel about these things?

In today's session you're going to imagine that the next few months – so from now until, say the spring (Easter) holidays – is going to be a really good time for you and you're really happy – so by the spring (Easter) holidays you're enjoying being at school, have good friends, are getting on well with people at home, and so on...it's a really happy time (because hopefully it will be!). This might be a bit tricky to imagine as it's a bit different to what we've done before, but just try your best. Imagine that someone could wave a magic wand and make all your hopes and dreams come true between now and then.

Before we begin, I want you to think of a place where you feel safe and happy – this will be called your “safe place”. It could be your bedroom, a place at school, a secret den you've found, or maybe a place you've been that made you feel safe and happy. You'll be visiting your “safe place” in your imaginations.

Spend a few moments thinking about your safe place.

Are you ready? Then off we go...(put music on)

Make sure you are sat in a comfortable position...make your whole body go loose...let your body sink into the chair so that you are as still as can be...begin to think about your toes. Relax your toes and feel them getting warm and heavy...let all the tightness just float away from your toe muscles so that they are not having to do any extra work...now let go of any tightness in your legs. Put all your attention into your legs and let the muscles relax, release, let go...when your legs are relaxed begin to think about your tummy. Feel the muscles in your tummy go soft, relaxing and releasing any tightness that may be there...feel your hands and arms getting warm and heavy as they rest comfortably by your sides...your fingers are very slightly curled but there is no tightness in them...Now think about your shoulders. It's easy to let our shoulders get tight when we're dashing about doing things all day, always in a rush. Gently raise your shoulders up towards your ears now and feel how hard the muscles have to work to keep them there...then let go...and feel the difference...notice how it felt when they were tight and how it feels when your shoulders are more relaxed...now let go even more than you thought you could...think about your face. Feel a smile start to come...let the smile spread and spread until it reaches your eyes! ...Now let it go so that all the muscles on your face gently relax and your forehead feels a little wider and higher than it did before...if you haven't already shut your eyes, let your eyes gently close now...feel them become heavier and heavier so you couldn't open them even if you tried...notice your breathing. Be very still as you feel the air going into your body when you breathe gently and

quietly...feel it as it slowly goes out again...in and out like waves on a seashore...in...and...out...in...and...out...now forget about your breathing and just feel yourself relaxing more and more...imagine that there is a warm light coming up from the ground...it is flowing through your feet...through your legs...your body...your arms...your shoulders...and your head...it floats away through the top of your head and drifts upwards...now your body is still relaxed but your mind is awake and ready...

...Imagine you are in your “safe place”, where you feel completely safe and happy. Look around you for a moment – what can you see? What details do you notice about it? Does your “safe place” have a particular smell or feel? Remember that your safe place is somewhere you feel completely relaxed and happy. You don’t feel worried in this place, nothing bothers you and you can do exactly what you like. It’s a beautiful spring day outside and the sun is shining, and winter is beginning to disappear. Daffodils are beginning to appear outside, and it’s almost warm enough to go outside without gloves and a scarf on anymore. Listen to the sounds around you as you are in your “safe place”; what can you hear? Now, as if being in your “safe place” wasn’t already good enough, imagine that someone has waved a magic wand and made your life since September as wonderful as it could possibly be...so you’ve done really well at school, have been getting on well with people in your family, have really good friends and your teacher has been really happy with you...spend a few moments thinking about your life and what it has been like since September. Sit back in your “safe place” and think about your life being as good as it could possibly be, all you ever dreamed of...Now let’s spend a few minutes thinking about different parts of your life. First, let’s think about the things you’ve really enjoyed since September....think about the activities you’ve really enjoyed doing. Do you have a favourite subject? What do you look forward to when you get ready for school in the mornings? Now think about your favourite teacher at school, and what it is that makes them the best of all. What kind of things do they say or do to you to make you feel so happy? ...Now let’s imagine all your friends. Some of them may be friends from school, some of them may be friends from outside of school...imagine one of your best friends. What are they like? What kinds of things do you do together? Why are they one of your favourite friends? And how about your other friends, what kind of things do you do together? Why are they all special to you? And finally, spend a few minutes thinking about home. Think about where you live – what does it look like? What is your bedroom like? Now think about the people you live with. Things have been going really well, you enjoy spending time with your family and they enjoy spending time with you...think about the sorts of things you do together, and what it is you really enjoy about these times...Now just spend few more moments thinking about your life since September, and all the things that make you feel happy...Now imagine looking at yourself in your “safe place” – what expression do you have on your face? Now imagine you are looking down onto your “safe place” from above, as if you are a bird flying overhead. OK, now it’s time to slowly return to normal. Step gently back into yourself, taking three deep breaths...

Now start to think about your toes and fingers, give them a little wriggle...keep your eyes closed and feel how your body is gradually back in the room where we started. Notice the feel of your clothes against your skin and your body touching the chair...still keep your eyes closed for a little while longer. Begin to listen to the sounds in the room and outside...now wriggle your toes and fingers again and when you're ready, have a big stretch and open your eyes slowly...and here you are back in the room! Just sit quietly for a while and then when everyone is ready we can talk about what happened.

Bring the group together. Give the children some time to discuss their experiences with their partners, using the standard questions – favourite/least favourite part, feelings at start/end of adventure etc.

Ask the group:

- How hard or easy was it to imagine yourself in the future?
- How hard or easy was it to imagine that someone had waved a magic wand to make your life so fantastically amazing?
- How does it feel to be back in the room where we started?

Discuss how although it is highly unlikely that everything could be made wonderful “just like that”, some of the smaller details we probably do have some control over, such as if you imagined your bedroom to look different, perhaps you could make some changes to your bedroom to make it begin to look like this. Or if you imagined your teacher to be really pleased with your work, perhaps you could make a real effort to work especially hard. Discuss the “domino” effect of making these small changes, e.g. working hard in one particular lesson would probably mean they received praise, which would make them feel good about themselves, which might inspire them to try really hard in other subjects, etc.

Activity

Show children the “wish list” page in their workbook. Ask them to think about one particular aspect of what they imagined that they would like to achieve, and what little things they could do to try and achieve this. Children then draw/write this “wish” in the main box and write/draw some little things they could try in the boxes surrounding it.

Ask the children how they feel now the session, and the whole series of sessions, is over. Ask them to look at the first page of their workbooks, where they recorded what they were looking forward to about the sessions.

Ask the children to complete the feedback forms (or discuss as a group, making a note of the children's responses)

Thank the children for taking part in the sessions.