## **Guided Visualization**

## Think of...

- 1. Time of year (summer, winter, etc)
- 2. Type of weather
- 3. Time of day
- 4. Location (pool, hammock)
- 5. Alone, with other, stuffed animals, pets?
- 6. Energy in your body (cool/calm, warm, hyper)
- 7. What do you see, hear, smell, feel, and maybe taste?