

**AMNESTY
INTERNATIONAL**



**FRIENDSHIP WEEK 2017
VISUALISATION SCRIPT
EXERCISE FOR PG.7**

Adapt this script to make it appropriate for your class. Read it very slowly and allow the children time to consider each question. After you have finished allow the children to share their experience in partners or small groups before feeding back to the whole group. You can ask them about how they found the experience of visualization as well as discussing the topics relating to friendship and belonging.

This is just a short example – use the intro and conclusion again and adapt the questioning section to explore more topics.

Intro:

Sit in a comfortable position. Close your eyes and allow your body to fully relax. Begin to notice your breath. You can place your hands onto your belly to feel it rise and fall as you breath in and out through your nose.

As your inhale and exhale begin to notice your body from head to toe and allow it to fully relax. Relax your face and your jaw, relax your neck and your shoulders, relax your wrists and your hands all the way to the tips of your fingers.

Relax your hips and your knees, relax your ankles and your feet all the way down to the tips of your toes.

Now in your mind begin to notice a field. You are standing in the middle of a field and looking around. This is your field where you feel at your most safe. You belong here and are fully yourself here.

What do you see? Are there trees, hedges, flowers? What colours are they?

What do you hear? Are there birds singing? Are there other animals in the field? Can you hear the wind? Are there insects buzzing?

What can you smell? Can you smell flowers or cut grass?

Is there something you can taste? Are there fruit or vegetables growing? Maybe there is a stream where you can get a cool drink of water?

Find a place where you can sit or lie down and feel comfortable. Can you feel the trunk of a tree against your back? Or soft grass against your fingertips as you lie down?

Questioning:

When you are fully rested I want you to imagine that you could invite someone into your field. It might be someone you know and love, a friend or someone from your family. How would it feel if they came to visit your space? What would you show them first? How do you think they would feel in your field?

Now imagine a stranger came to your field? How would it make you feel to begin with? Now imagine that you talk to this stranger and realize that you get on well. They tell funny jokes and make you laugh or they show you how to juggle. Maybe they bring you some cookies or they want to hear about your life. How does it feel getting to know someone new? Remember that the friends you have now were once people who you did not know. Can you remember the first time you met your friend? When did you realize that you were friends?

Think of a friend you love. Why are they your friend? What is the best thing about your friendship? Can you think of a time when your friend was there for you? Maybe you were sad or having a hard time at home or in school. How did they make you feel better? If you were to write a thank you card to your friend what would you write to them?

Can you think of a time when you were in a new place? A new class, a new club or a place you stayed on holidays? How did that make you feel? Who was there to make you feel welcome? What do you think you could do to make someone feel welcome in your field? There are no right answers to these questions, just time for ideas.

Allow silence for a minute

Conclusion:

It is now time to leave your field. In your mind you can get up from where you were resting and looking around your field again. Know that this field, where you belong, can be visited by you at any time. You can put whatever you like in the field and come back whenever you want.

Slowly begin to notice your breath again. Notice your belly rising and falling and slowly begin to wake up your body. You can wiggle your fingers and toes. Then roll your wrists and your ankles. Why not stretch into your body slowly and gently open your eyes. Take a moment to settle yourself back on your chair or at your table before you begin to talk again.