

OVERVIEW OF VISUALISATIONS

Imagery is a very effective learning tool and helps increase concentration, improve memory, academic learning and sports performance, simply through the use of imagery.

Children have a natural ability to tell stories and visualisation opens the door to colourful dreams and visions. Children are allowed to daydream for a period of time and then use these images to put into words, pictures or movements. Children's writing will improve as they can put their immediate experiences into words.

By removing distraction and using visualisation, children are taught to access their own creativity and potential. Visualisations will help children with self-expression, self-image and provide a valuable support to non-verbal learners.

In order to find stillness and access imagery all exercises need to be delivered when the children are still and relaxed.

When talking through these guided visualisations, have a softer than usual voice and also speak slowly and clearly, make sure you are allowing enough time for children to process the information and imagine what you are saying.