

# 5

## Guided Imagery Exercises

*to help your students with self-regulation*



**Special Memory.** Encourage students to draw a picture and/or tell the story of a special memory from their past that brings comfort or joy.



**Safe Place.** Have students imagine what their ideal safe space would look like and then draw it or write about it.



**Protective Shield.** Invite students to imagine and draw themselves with a protective shield or force field around themselves. Encourage youth to imagine these things any time they feel they need protection.



**Hero.** Invite students to create a superhero equipped with whatever super powers are desired or needed.



**Future Self.** Encourage students to imagine their future, positive selves and then draw that person.

# Guided Imagery For Children

**Ying Liu**



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## **Table of Contents Guided Imagery For Children**

1. Understanding the eBook Guided Imagery For Children
  - The Rise of Digital Reading Guided Imagery For Children
  - Advantages of eBooks Over Traditional Books
2. Identifying Guided Imagery For Children
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Guided Imagery For Children
  - User-Friendly Interface
4. Exploring eBook Recommendations from Guided Imagery For Children
  - Personalized Recommendations
  - Guided Imagery For Children User Reviews and Ratings
  - Guided Imagery For Children and Bestseller Lists

5. Accessing Guided Imagery For Children Free and Paid eBooks
  - Guided Imagery For Children Public Domain eBooks
  - Guided Imagery For Children eBook Subscription Services
  - Guided Imagery For Children Budget-Friendly Options
6. Navigating Guided Imagery For Children eBook Formats
  - ePub, PDF, MOBI, and More
  - Guided Imagery For Children Compatibility with Devices
  - Guided Imagery For Children Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Guided Imagery For Children
  - Highlighting and Note-Taking Guided Imagery For Children
  - Interactive Elements Guided Imagery For Children
8. Staying Engaged with Guided Imagery For Children
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Guided Imagery For Children
9. Balancing eBooks and Physical Books Guided Imagery For Children
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Guided Imagery For Children
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Guided Imagery For Children
  - Setting Reading Goals Guided Imagery For Children
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Guided Imagery For Children
  - Fact-Checking eBook Content of Guided Imagery For Children
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- 
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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