

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 Handouts

Hussin A.Rothana



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Table of Contents Guided Imagery Handouts

- 1. Understanding the eBook Guided Imagery Handouts
 - The Rise of Digital Reading Guided Imagery Handouts
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Guided Imagery Handouts
 - $\circ \ Exploring \ Different \ Genres$
 - 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 Handouts
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Guided Imagery Handouts
 - Personalized Recommendations
 - $\circ\,$ Guided Imagery Handouts User Reviews and Ratings
 - Guided Imagery Handouts and Bestseller Lists
- 5. Accessing Guided Imagery Handouts Free and Paid eBooks
 - Guided Imagery Handouts Public Domain eBooks
 - Guided Imagery Handouts eBook Subscription Services
 - Guided Imagery Handouts Budget-Friendly Options

- 6. Navigating Guided Imagery Handouts eBook Formats
 - o ePub, PDF, MOBI, and More
 - Guided Imagery Handouts Compatibility with Devices
 - Guided Imagery Handouts Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guided Imagery Handouts
 - Highlighting and Note-Taking Guided Imagery Handouts
 - Interactive Elements Guided Imagery Handouts
- 8. Staying Engaged with Guided Imagery Handouts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guided Imagery Handouts
- 9. Balancing eBooks and Physical Books Guided Imagery Handouts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guided Imagery Handouts
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guided Imagery Handouts
 - Setting Reading Goals Guided Imagery Handouts
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guided Imagery Handouts
 - Fact-Checking eBook Content of Guided Imagery Handouts
 - 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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