**Guided Imagery In Steps**

1. Warm up students to using imagery by suggesting a few everyday things for them to visualize in their minds. Have students work with a partner. Suggest an image and have students describe what they see in their minds to their partner.

2. Have students preview the reading selection, paying close attention to pictures, drawings, maps, or graphics in the selection. You may also want to include other sources for pictures that may stimulate students’ imaginations.

3. Have students close their eyes, take several deep breaths, and relax. Introduce the exercise by giving them some background on the situation they will be visualizing. Encourage students to use all of their senses as they imagine—sight, sound, physical sensation, and emotion.

4. Read slowly and pause occasionally for students to process what you are saying and visualize.

5. After the exercise, have students share their descriptions of what they were visualizing during the reading. Students could also be asked to write about what they visualized.

6. As students become more adept at visualizing, you could have them work together in groups to write their own guided imagery to share with the class.