

Jenny Mosley's
Top Tips for

Rainstick Visualisations



Top Tips Series

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28A Gloucester Road
Trowbridge
Wiltshire BA14 0AA

Telephone: 01225 719204
Fax: 01225 712187
E-mail: positivepress@jennymosley.co.uk
Website: www.circle-time.co.uk

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Rainstick Visualisations

Guided visualisation with a rainstick

This guided visualisation is divided into 3 parts. Each part can be used separately or you can use it as a single, longer session. The choice is yours, but you need to remember that all visualisations, whether short or long, **MUST** begin with the introductory phase and end with a closing ritual because these ensure that participants are in the right frame of mind to benefit from the guided visualisation and to return to the complexities of 'real' life feeling refreshed and positive. When you first start children won't be able to use their imaginations for too long so just use a short 'visual story' inbetween the opening and closing rituals.

Before you begin

- If possible, dim the lights and close the blinds.
- Ensure that distractions will be kept to a minimum. (put 'do not disturb' on the door).
- Make sure that everyone is aware of the benefits of guided visualisation so that they begin with a motivated and serious attitude. Tell them that this technique is used by athletes, actors and business people to help their brains and bodies to achieve their best.
- Some children cannot close their eyes yet. Often their lives are so chaotic they can't trust things to be the same when they open their eyes. Just say to them that they can choose a blindfold (like you get on planes) or you can give them a beautiful picture of whatever it is you are talking about - a tropical island or birds in trees which they can then focus on while you are speaking through the visualisation.

Introductory phase

Get comfortable on your chair, try and get your back upright and supported by the chair.

Sit with both feet slightly apart, on the floor. Make sure you are comfortable and relaxed.

Close your eyes and let your body feel soft and relaxed. (At this point children can put blindfold on if using them.)

Listen to your breathing. Feel yourself breathing in slowly and out slowly. Just listen to your breath for a moment and let it become slow and calm. Slow and calm.

Let your mind become very still as you take a long, slow breath through your nose to the count of 3.

Now let the breath out very gently through your mouth to the count of... (find a number that suits you).

Your breathing is now slow and balanced.

Slow and calm.

Your mind is very still.

You feel warm and relaxed and comfortable.

Your eyes are closed and your body is relaxed and warm and still.

Part One – put on CD

Imagine you are now snuggled up in the cushions of a big, cosy sofa.

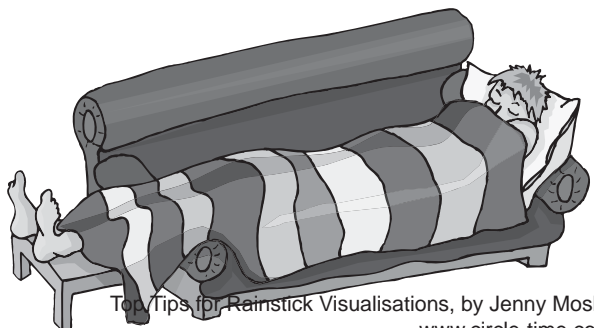
You are wrapped in a lovely, soft, duvet and you are warm and comfortable and just a tiny bit sleepy.

Feel the warmth of the duvet as it wraps around your whole body.

Pause

Wiggle your fingers and feel how relaxed they are.

Move your shoulders slowly round and round and feel how warm and relaxed they are.



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Outside it is raining (***move rainstick gently to make a soft, showery sound***) but you are warm and snug inside your duvet.

Outside the rain is getting heavier (***shake rainstick***) but you are warm and snug and dry.

Pause but keep on shaking the rainstick

You have a picture book in your hands. You are looking at a picture of a tropical island. Outside the rain is becoming fierce and loud (***shake rainstick***) but you are relaxed and cosy, looking at the picture. Look at it closely.

What can you see? Can you see palm trees and a bright blue ocean?

Look at the picture inside your head and notice every thing that you can see.

Outside, the rain is fierce and cold. It is drumming on the windows (***shake rainstick***) but you are warm and snug and very, very calm, and your imagination is full of sunshine and happiness.

Continue with part two or, in the early days of visualisation, do not attempt too much – just go to the closing section

Part Two

You feel yourself being lifted into the air. The sunshine light seems to pull you up. You are pulled higher and higher.

Shake and jiggle the rainstick

You hear a soft rushing noise as you are pulled up to the edge of the sky and fly through space like a comet.

Pause but continue to shake and jiggle the rainstick

You are lighter than air as you dip and dive and turn around and around high up above the clouds. You are flying at the edge of the sky where the stars are shining.

Pause and turn the rainstick over, end-to-end to make a shooshing, dipping and diving sound

Look down at your body. Your body has changed and you are full of light. You are shining and flying. Look at your toes as you turn over in a loop-the-loop. What colours can you see streaking out of your amazing shining body?

Pause but keep the rainstick in motion

Do you have wings? Feel your wings, strong and powerful as they flap and fly through the sky.

Pause. Hold the rainstick in the middle and tip it, slowly, from side to side to make the sound of wings beating

You are the greatest, the most beautiful bird that world has ever known. You are the strongest flier and you can fly anywhere that you want to go.

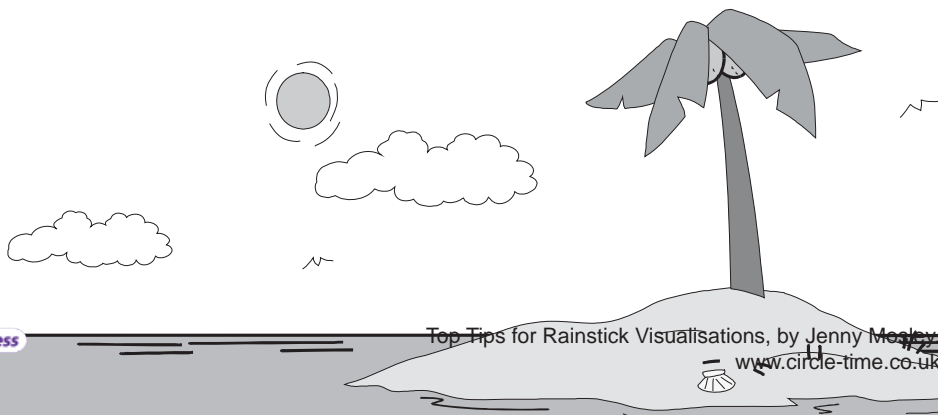
You soar in the vast silence of the morning sky.

Pause and hold rainstick still for a moment

Far away in the distance, you see some other birds just like you. In the distance you see them smiling too. You are happy to see them. You fly towards them with strong eager flaps of your wings. You see them getting closer and closer.

Pause. Hold the rainstick in the middle and tip it, slowly from side to side to make the sound of wings beating

You meet your friends and you all fly together in a happy flock of powerful, beautiful birds.



You fly down together until you can see the world below you. It gets closer and closer until you can see it very clearly.

You look down. Look closely. What can you see? You can see yourself all relaxed and comfortable on a chair with a big smile on your face.

Pause and make a gentle sound with the rainstick

Slowly your imagination rejoins your calm body and you are back in the same place happily together.

Part Three

You find yourself on a beautiful beach. The sun is warm and it is shining down on the back of your neck. Feel the sun on the back of your neck. It is warming and relaxing you. Stretch your chin down towards your chest. Roll your head round and round and feel your neck filling with warmth and you stretch in the sunshine.

You are on a tropical island. You saw it in your picture book and now you are sitting on one of its long, golden beaches.

Can you hear the waves lapping on the sand not far away from your feet? You relax in the sunshine, stretching your body and listening to the waves as they make a gentle shooshing sound on the sand not far away.

Pause and rock the rainstick so that it makes a gentle shooshing sound like waves lapping on the sand

It is morning and the sun is still rising. It has warmed your neck and now you feel it touching your body with warm, relaxing strokes of sunlight as it rises higher and higher in the sky and spreads across the beach towards the sea.

Watch the sun as it warms away the shadows and stretches its light across the sand.

Pause and turn the rainstick over in your hands so that it makes a soft, soothing, sound

You look around your tropical island. What can you see? Can you see palm trees? How far does the sand stretch away from you on either side? Can you hear the breeze moving gently in the palm trees?

Take a good look around.

Pause and make a gentle breezy sound with the rainstick

You get up and run to the water. You put your toes into the waves. The water tickles and bubbles between your toes. It is warm and clean and shiny with sunlight. Walk a little deeper into the cool blue ocean and feel the water lap around your legs.

Pause and make a wavy in-and-out sound with the rainstick

Now, if you wish, you can have a swim in the wonderful water. Or you can paddle and look for shells to collect. You can choose whatever you would like to do.

And all the while, you feel the warm sun on you body. You feel relaxed and happy and full of calmness and joy.

Closing ritual

Now it is time for us to come back into the classroom.

The easiest way to do this is to imagine in front of you a huge, beautiful bubble. We call this the memory bubble.

Put the picture of yourself smiling happily after your lovely journey into the bubble.



Blow the bubble 'ppphhh' - and now the bubble floats over the top of your head and pops into your memory bank. It will sit there ready for you to get it

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out at any other time when you want to go on a lovely nature journey and feel happy and relaxed.

Keeping your eyes closed start to stretch your legs and your arms.

Make little tiny circular movements with your wrists first one way and now round the other way.

Make little tiny circles with your ankles first one way then the other way.

Give a little wiggle of your toes and fingers. One more stretch.

Now when I count to three, open your eyes and by the time I have counted to six see how many children's eyes you can smile into while I am quietly counting.

Well done everyone.



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01225 719204
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