



Brief Description (Objective): The students will be able to practice the art of focusing through a guided visualization exercise.

Teaching Aids: TRD

Concept-Value Connection:

- Comprehension is the understanding and interpretation of what is read. It requires focused reading.
- Focus is a skill that can be enhanced through the practice of guided imagery.

Activity: Silent Sitting

Notes to the teacher:

- This script can be used as an additional activity for the topic, 'Reading Comprehension' wherever needed.
- Ensure that the class is free of any noise or distractions before starting the session.
- Speak in a slow, soft and clear voice.
- Follow up with questions.

A Trip to the Garden

- Children! This is a time to relax. Sit with your back straight and feel comfortable. Gently close your eyes and let go of any tension in the body. (Teacher gives a Pause)
- Relax and breathe deeply. Bring your attention to your breathing. Breathe in, breathe out, breathe in, and breathe out. Just observe your breath. (Pause)
- Now imagine yourself leaving the classroom to go for a walk in the nearby garden. (Pause for a second)
- The weather is pleasant and warm. You enter the garden and feel the softness of the grass under your feet. (Pause)
- The garden looks colourful with varieties of colourful flowers, gently swaying in the wind. Carefully observe the different flowers and their colours. (Pause)
- As you continue to walk, you hear the chirping of birds. You are feeling happy and calm. (Pause)
- You spot a bench under a big tree. You sit on the bench with your eyes closed. (Pause)
- Listen to the gentle noises made by the leaves as the wind blows. Feel the fresh air and the smell of grass and the scent of flowers. (Pause)
- You feel happy and relaxed after your trip to the garden. When you are ready to go, rub both your palms, and use them to cover your eyes. (Pause)
- You feel happy and relaxed. Slowly you get up and start walking back to the classroom. (Pause)
- With a gentle smile on your face, open your eyes slowly and bring your attention back to the classroom and remember this wonderful trip that you have just taken.

Open Questions: (all responses are encouraged)

1. What varieties of flowers did you notice in the garden?
2. What other things in the garden caught your attention?
3. What was the one thing that you liked the most in this imaginary trip to the garden?