



# Guided Visualization

Focus the energy of a group through a guided visualization

## TIME

5-10 minutes



## MATERIALS

None

## TEAM STAGE

Storming, Norming, Performing

## SUMMARY

Lead a guided visualization exercise to focus and calm the energy of a group.




## SET UP

- Have each participant find a space where they can relax and sit comfortably.

## INSTRUCTIONS

- Ask participants to get comfortable, close their eyes, and prepare to listen to a guided visualization.
- Read the visualization slowly, pausing for a few seconds between each sentence:
  - “Close your eyes and relax your body. Let all your thoughts leave your mind, and just pay attention to your body. If you find a thought coming into your mind, gently let it go and bring your attention back to your body. Pay attention to your head. Feel its weight as it gently sways on your neck. Bring your attention to your face. Relax all of your facial muscles. Bring your attention down to your neck. Bring your attention down to your shoulders. Release the tension in your shoulders and let them gently drop. Pay attention to your arms. Pay attention to your elbows. Pay attention to your wrists. Pay attention to your hands. Pay attention to your fingers. Feel each finger connect with your lap or with the surface it’s resting on. Bring your attention to your chest. Feel it softly expand with each breath you take. Bring your attention to your back. Let your attention travel down your spine. Bring your attention to your hips. Feel your hips connecting with the chair below you. Pay attention to your thighs. Bring your attention to your knees. Bring your attention to your legs. Bring your attention to your ankles. Bring your attention to your feet. Imagine them growing roots deep into the ground below you. Bring your attention to your toes. Slowly wiggle your toes. As you wiggle your toes, let your attention wander back into your body and let your mind come back to your physical space. When you’re ready, open your eyes.”
- Thank the group for participating in the guided visualization.

## VARIATIONS

-  **Audio Sharing:** Play calming music while reading the visualization to increase the effects of the guided visualization.
-  **Online:** To facilitate this activity virtually, allow participants to take their computer and find a comfortable spot to sit. Ask them to turn off their cameras to decrease the potential distraction of watching other participants during the guided visualization. To lead the variation that includes music, use audio sharing to play the songs over the virtual platform. [\[click here for video\]](#)
-  **Asynchronous:** To facilitate this activity asynchronously, record a video or audio file of the guided visualization and have participants listen to the recording on their own time.