**Imagination and Intention Activities Script**

Ask learners to find partner or pair them up.

**Round 1:**

**A** is doing the imagining

**B** is the “prodder”

They are standing facing each other and arms-length apart

**Step 1:**

**B** Does nothing initially.

**A**  “I’d like you to just stand and allow your mind and imagination to wander wherever they want, in an unfocussed way; you can close your eyes if you feel comfortable doing so; it doesn’t matter what you think about… break time… what you are having for dinner/tea… what you’re doing after school; just keep your mind wandering wherever…”

And now I’d like Bs to ***gently***push As on the shoulder as if you are trying to push them backwards; give a couple of prods and notice what happens. (NB this may need a “ do it carefully reminder” – you don’t want anyone to get hurt).

Then stop there and start again:

**Step 2:**

**B** Does nothing initially.

**A** “This time I’d like you to imagine yourself as a huge tree, that is rooted firmly into the ground; your trunk is tall and straight and strong – it is solid while being flexible; your branches are long and balanced and reach out and up in all directions … reaching up to the sunlight which makes you grow strong; really try and feel what it might be like if you were that tree…. Your feet balanced and planted firmly on the ground, your body tall and upright and solid and strong, as if your spine extends both downwards rooting you into the earth, and upwards reaching for the sunlight; you are grounded and nothing will blow you over … you can with stand anything”.

And now I’d like Bs to **gently** push As’ shoulder as before; give a couple of prods and notice what happens this time.

**Round 2: This is the same format but with a different visualisation**

**A** is doing the imagining

**B** is the “prodder”

They are standing facing each other and arms-length apart.

**Step 1:**

**B** Does nothing initially.

**A**  “I’d like you to I’d like you to lift one arm up and hold it there and then allow your mind and imagination to wander wherever they want, in an unfocussed way; you can close your eyes if you feel comfortable doing so; it doesn’t matter what you think about… break time… what you are having for dinner/tea… what you’re doing after school; just keep your mind wandering wherever…”

And now I’d like Bs to **gently** push As’ arm down towards the floor as if you are trying to lower their arm back down; give a couple of pushes and notice what happens.

Then stop that and start again:

**Step 2:**

**B** Does nothing initially.

**A**  “This time I’d like you to lift one arm up and point it across the room at some fixed point in the distance; keep your eyes fixed on this point; then imagine your arm is the fire hose from a fire engine; see and feel the water from the fire engine coming up through your body and along your arm, and shooting forcefully across the room and landing on that point in the distance your eyes are fixed on… and just keep this image and feeling in your mind”

And now I’d like Bs to **gently** push As’ arm down towards the floor as before, as if you are trying to lower their arm back down; give a couple of pushes and notice what happens.

**Feedback:**

Have the learners go back to their seats and have a short discussion about what they experienced using the following questions as prompts:

What happened?

How is it different?

What did they notice going on in their bodies?

What do they think made the difference?

**Summarise:**

Our imagination + Intention = Powerful and

Feeling Safe increases our personal power.