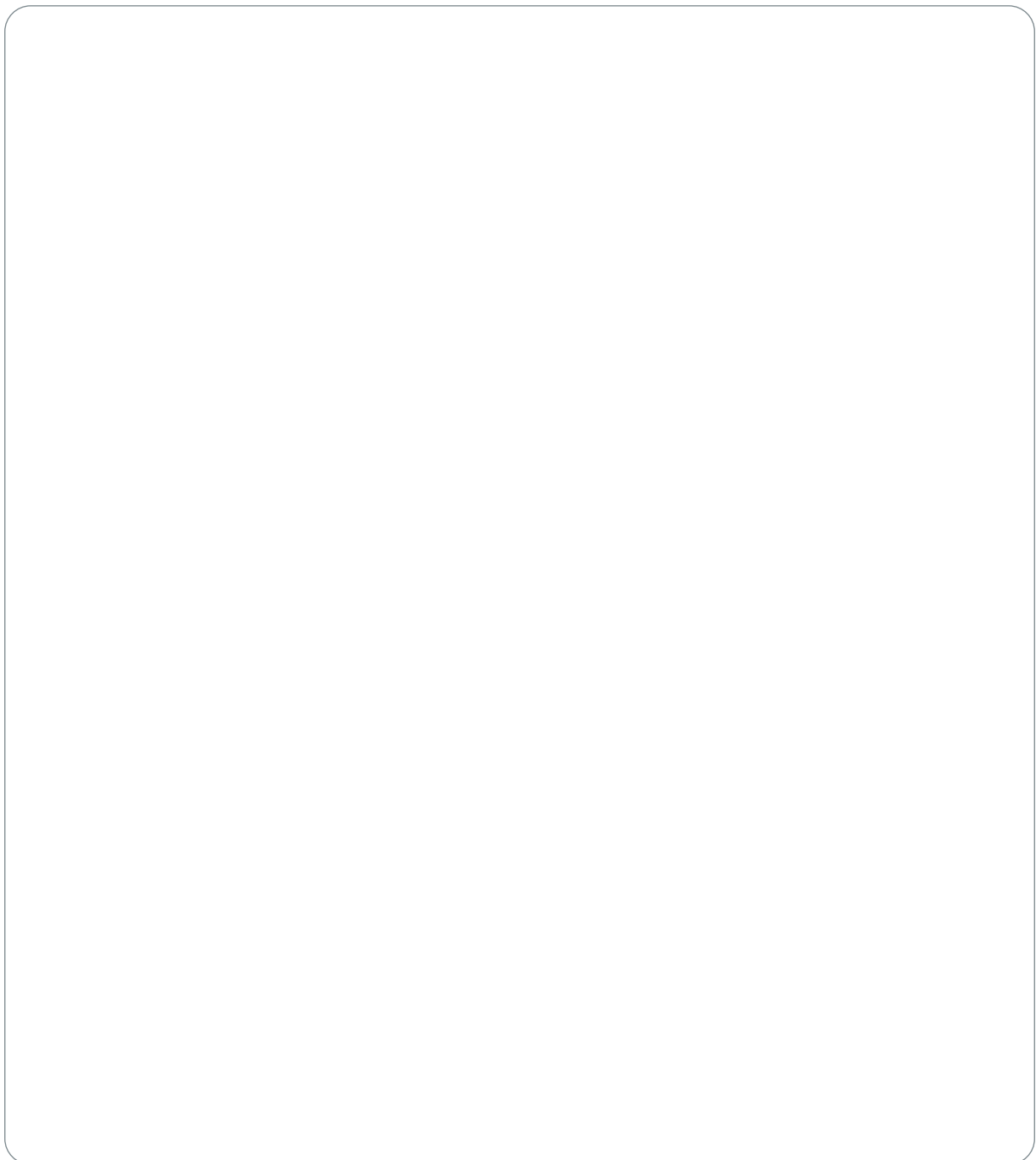


Visualization and the Senses for Kids






Children (and adults) are likely to get better at visualizing with practice. The following worksheet helps reflect on visualization by revisiting the child's senses.

Ask a group of children to visualize a scene. Perhaps running along the beach or walking beside a gently trickling stream and ask them to complete the following boxes.

What were you visualizing? Describe or draw a picture:



Write down how you experienced each of the following senses:

 <p>See</p>	<p>Hear</p> 
 <p>Smell</p>	<p>Taste</p> 
 <p>Feel (touch)</p>	<p>Feel inside</p> 

Ask the child to sit with a partner and swap sheets. Encourage them to explore how they both experienced the same situation.

Dr. Jeremy Sutton