

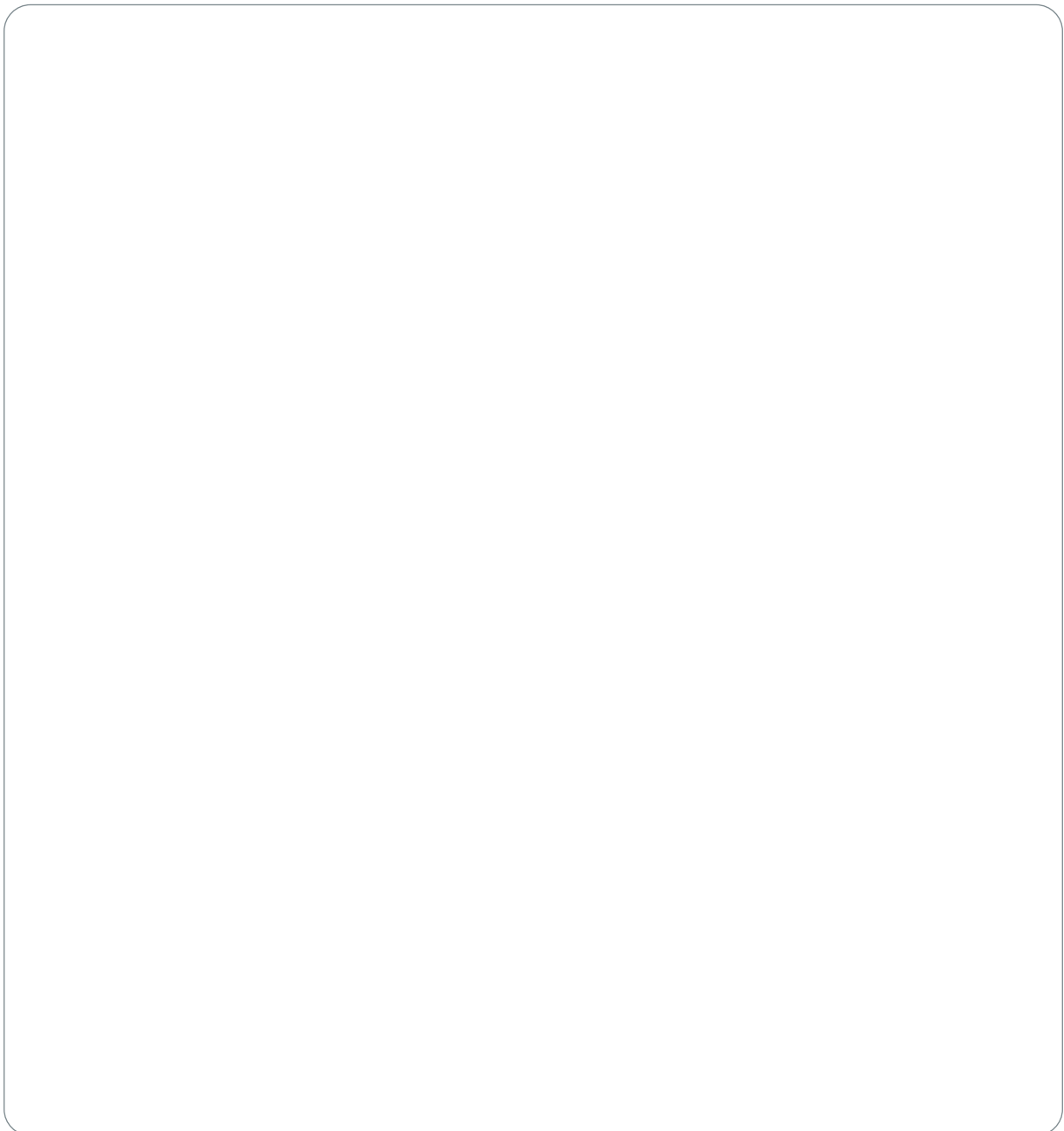
What's Good and What's Bad in Your Visualization?

Children can benefit from digging a little deeper into their visualization.

Use this worksheet to prompt them to write down words or draw pictures to capture positives and negatives in a situation and reflect more deeply.

Ask children in a group to look at an image (perhaps taken from a book or magazine) and close their eyes to picture what might happen next (maybe the image is of a bird taking off or a diver entering the water).

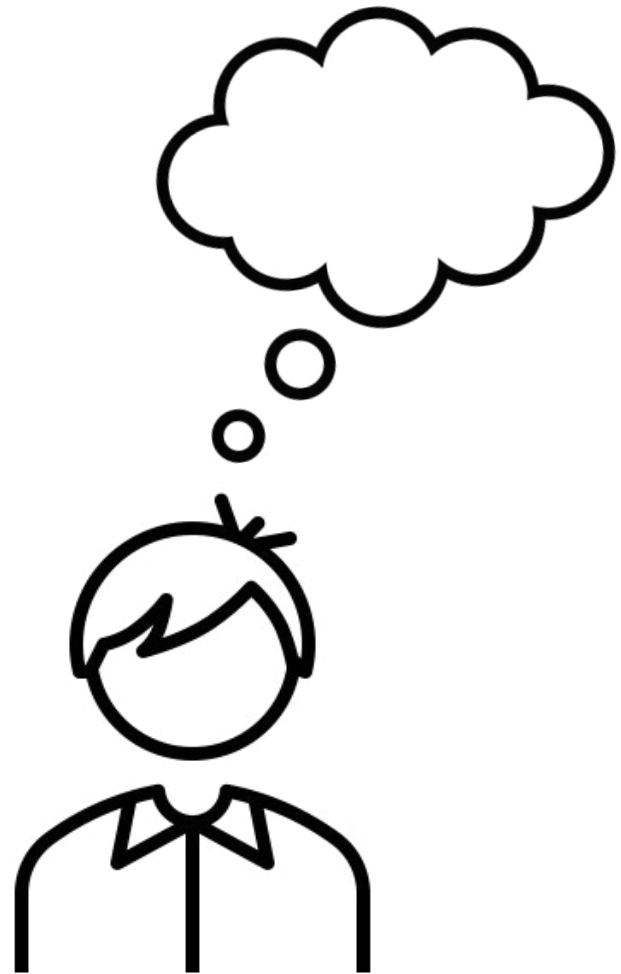
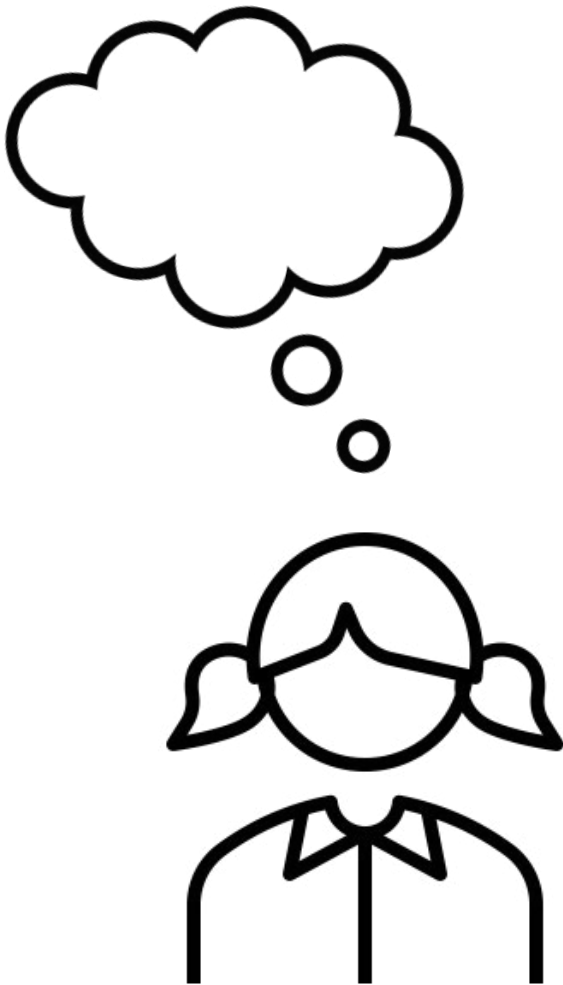
What scene or situation are you describing?



Think about what was good and what was bad about the situation. Use words that describe each viewpoint or draw pictures:

What was good?

What was bad?



Once complete, if comfortable to do so, ask the children to take turns saying what was good or bad about a situation.

Dr. Jeremy Sutton