

Visualization

Identity & Perspective, Module 1



AGENDA



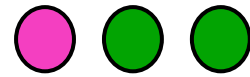
1. Brainstorm: What did it feel like, for you, to be successful or reach a goal?



2. Individually, list or draw the steps needed to be successful or to reach a goal.



3. How do you feel about using the visualization strategy? Can you see how it would be helpful for you?

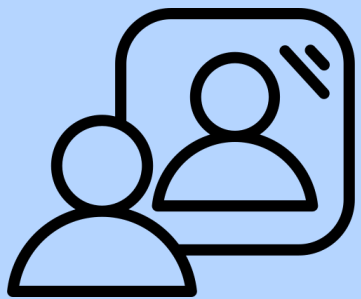
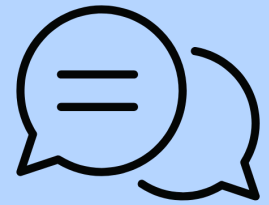


BRAINSTORM



Sit it in a comfortable position. Take a few deep breaths. Close your eyes. Think about a time you were successful at something or reached a goal you were working toward. Maybe you got an A on a big exam, scored a touchdown, or played a perfect piece of music. Recall what that moment felt like.

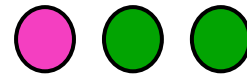
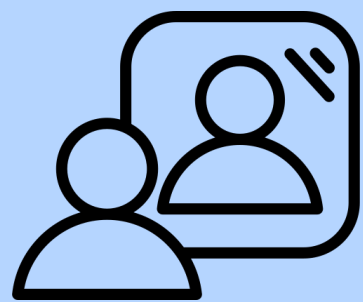
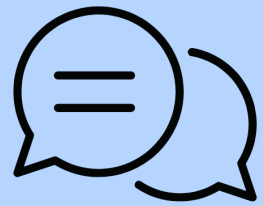




DISCUSS



- What did it feel like, for you, to be successful or reach a goal?
- What was your reaction?
- What was the reaction of those around you?



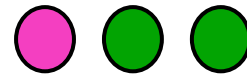
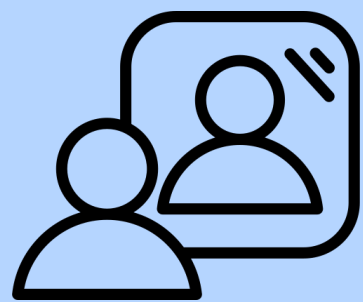
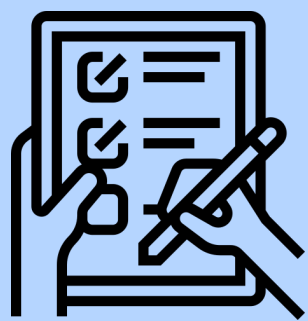
DIVE IN



Why is Visualization important?

Visualizing yourself doing something that is challenging for you, or achieving a goal you are striving for, is a powerful way to help you make those things happen. When we visualize something, we focus on what we want to achieve by seeing it clearly in our minds. Research suggests that doing this makes it more likely to happen.





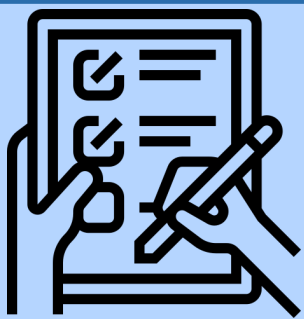
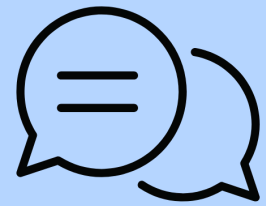
DIVE IN



5 Steps to Visualization

1. Be present, sit calmly and clear your mind.
2. Take a few deep breaths, in through your nose, out through your mouth.
3. Focus your mind on the goal you want to achieve or the weakness you want to improve. Try to visualize you accomplishing this goal.
4. Visualize the actions you will need to take to achieve your goal.
5. Finally, ask yourself: What will you feel like when this happens? The final step is to allow yourself to experience those instances of emotion.





ACTIVITY



- Individually, think about what we want to accomplish, the steps we need to take in order to accomplish it, and then draw an actual picture of success to help build the image in our mind. It's OK if you're not an artist! (Alternatively, list the steps)

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Worksheet

Name: _____ Date: _____

Visualization

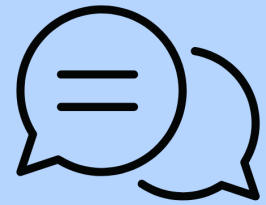
List 1-3 goals you'd like to reach or areas of weakness that you'd like to improve in.

Pick one to focus on. What needs to happen in order for you to be successful in reaching your goal or improving your weakness?

In the space below, draw a picture of you being successful as you reach your goal or improving your weakness.

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REFLECT



How do you feel about using the visualization strategy? Can you see how it would be helpful for you?

Home Connection



Home Connection

Visualization

Dear _____,

Today in class, we learned that **visualization** means creating a detailed picture of something in your mind.

Please encourage your student to share their visualization drawings with family members. Sharing goals with others is another way to help you achieve success.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on a goal or area of weakness that you'd like to improve. Practice visualization and reflect on what it feels like to imagine your success in this area.





Further Study

- You can also use the visualization strategy to help students struggling with reading comprehension. Simply ask them to draw a picture of something that happened in a book or information from a textbook. ReadWriteThink.org has additional resources to help with this strategy.





Lesson Complete!

