



## Visualization

- Worksheet
- Colored pencils (optional)

### Brainstorm

Read the following steps to students: Sit 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

You just engaged in the practice of **visualization**. Visualization means creating a detailed picture of something in your mind. Ask: What did it feel like to be successful or reach a goal? What was your reaction? What was the reaction of those around you? Continue to engage students on the subject without judgment as long as the discussion remains productive.

### Dive in!

Explain to students: You can use the visualization strategy to help you picture yourself successfully doing something that you feel is a weakness for you. 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. There are a few steps you can use to help make your visualization more successful. First, make sure you are present in the moment. Don't think about what happened to you before school. Don't think about what you are doing after school. Don't think about what your friends might be doing, or the homework you might have. Then, take some deep breaths in through your nose and out through your mouth. Next, focus your mind on the goal you want to achieve or the weakness you want to improve. As you are focusing on that goal or that weakness, start to see it in your mind. Think about where this will happen. Think about each action you will need to take to achieve this goal or the steps you will need to take to improve upon this weakness. The final step is to feel yourself achieving this goal or improving upon this weakness. What will you feel like when this happens? The final step is to allow yourself to experience those instances of emotion.



# High School

## Activity

For this activity, students can work individually, in pairs, or small groups, however each should complete their own worksheet. Explain: In order to help use the visualization strategy, sometimes it can be helpful to think in more detail about what we want to accomplish and then draw a picture of that success. We'll start by thinking about what we want to accomplish, the steps we need to take in order to accomplish it, and then drawing an actual picture of success to help build the image in our mind. It's OK if you're not an artist! The point of this activity is to help you be able to envision success. Provide students with time to complete the activity and if time permits, call on student volunteers to share their drawings. Ask students how it feels to be successful in their task.

## Reflect

To wrap up the lesson, ask students the reflection questions verbally: How do you feel about using the visualization strategy? Can you see how it would be helpful for you?

**Optional Home Connection** → Have students share their visualizing drawings with family members. Sharing goals with others is another way to help you achieve success in accomplishing your goal.

## 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.

## Interdisciplinary Connection

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.