



L.B.

Discovering The Inner Light

Activities

Guided Visualization





Guided Visualization

Objective

Teach mindfulness and stress reduction.

Materials

Quiet space, calming music (optional).

Instructions

- Ask the children to sit comfortably and close their eyes.
- Guide them through a visualization:
 - “Imagine a small, warm light in your heart. With each breath, the light grows bigger and brighter, filling your whole body.”
 - Now, imagine the light shining out, surrounding you like a glowing shield.
- After 1-2 minutes, invite them to open their eyes and share or draw what they felt or saw.