

Guided Visualization 1: *I Compete Only With Myself*

This visualization aims to help K-6 children to feel confident, self-accepting, and eager to continually improve themselves. Following are simple instructions for a teacher or parent:

- *Ask the students to sit quietly and to close their eyes.*
- *Read the script below in a calm voice, pausing for several moments where applicable to allow students to focus, visualize, and sustain the feeling.*
- *The visualization should take about 3-5 minutes.*

Script:

Let's start by taking three very big, deep breaths...

For this activity when I say something, I'll pause so you can silently repeat it to yourself—or just reflect on what I said. You do not need to say the words out loud; just feel them inside yourself.

I do not compete with other people. I only try to better myself.

It does not matter if I am stronger or smarter or faster than someone else; the only thing that matters is that I keep improving myself.

I work hard to be a good student, a good child, and a good friend. I will keep working hard.

When I was younger, there were many things I could not do. Now I can do all of those things well. In the future, I will be able to do many things that I can't do right now.

When I learn something new or when I accomplish something, I feel great. I do not need to worry about what other people think of me. I do not need to brag. I just want to feel proud of myself. And I want to keep learning and accomplishing new things.

It feels great to get better at something—whether that is math or sports or music or helping others.

Deep inside my heart I feel satisfied. And I feel ready to set some new goals.

There are so many goals that I want to reach. I am eager and excited!

Once more, let's take three very big, deep breaths.

Debrief (optional): *Ask the children to share their responses to the following questions.*

1. *When you work hard at something, how do you feel?*
2. *What is one thing that you could not do when you were younger, but now you can do?*
3. *When do you feel proud of yourself?*
4. *What is one of your goals?*