



# VISUALISATION FOR ANXIETY



**A GREAT MINDFUL ACTIVITY FOR CHILDREN TO DO WHEN THEY ARE FACED WITH A CHALLENGE OR ANXIETY ABOUT ONE SPECIFIC THING. A SYMBOLIC BRIDGING OF THE MENTAL GAP BETWEEN WHERE WE ARE NOW AND WHERE WE WANT TO GET TO - FACING ANY FEARS!**

Grab your colouring pencils and draw two islands, on one of the islands draw yourself and where you see yourself now. It could be your house, garden or you could draw your favourite place even a tropical island - get creative!

Then on the other island it could be something that you would like to do or become for example if you would like to be in a play but you sometimes get stage fright or if you would like to be kind to your friends and family but sometimes you find that difficult draw something that shows you doing that thing. You on stage acting in a play or you helping other people around you.

Give yourself some time to think about what makes doing those things difficult and then start to imagine yourself doing them, as if you see yourself in your dreams!

As you begin to imagine yourself doing it, start to draw a bridge between the two islands. You can make the bridge however you like it, and you can have things to help you along the way, like practising your lines or meeting people that you look up-to to show you how it's done!

Now you can pop your picture on your wall or in a notebook and every time you feel worried about doing that thing, you can take a look at your bridge and see what you need to remember that you already have and that it is possible to get to the other island. You can draw many islands if you want and you can keep adding to your bridges whenever you think of something that could help you.