

Task for *Here on Earth*

Visions of the future: Teachers' instructions for visualisation activity

Step One: Students lie on the floor, ensuring they are not touching. When eyes are closed, the teacher plays quiet, instrumental music (e.g. of the type on meditation CDs).

Step Two: Speaking in a gentle, soft voice, the teacher asks students to imagine a white piece of paper (this is usually more effective than asking students to let their minds go blank). After a pause (say 5–10 seconds), tell students that a door appears in the paper. Tell them that in a moment, they will be walking through the door, and when they do they will be in the future, a future in which they hope to live.

Step Three: Ask students to open the door and walk through.

Step Four: (about 5–10 minutes in total, but use your professional sense of how the exercise is proceeding) Guide students through this new world, allowing time for students to think and imagine. For example:

Are you in a city or in the country?

What can you see around you? Start walking and observe the world around you, the buildings, the plants, the animals, the people, and modes of transport.

Stop for a moment and listen carefully: what can you hear?

Reach out and touch the objects around you: how do they feel?

Take a deep breath: what can you smell?

You sit down to a meal: what food and drink can you see? How does it taste?

Extension: If desired, you could ask students to walk into a building (e.g. a house) and ask them to walk around.

Step Five: Ask students to turn around, walking back through this world to the door they entered through. When they reach the door, they should walk back through and re-enter the present.

Step Six: Without talking, students open their eyes and immediately start writing a description of the future they envisaged. If desired, students could sketch their responses.

Step Seven: Students share their responses in groups.