

IMAGINE &  
REFLECT

UV16



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# The Lighthouse

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# Stilling

Prepare for the visualisation

Sit upright with your back straight and both feet firmly on the floor.  
Rest your hands gently on your knees.  
Make sure your shoulders are relaxed, holding no tension.  
Keep your head upright and gently close your eyes.





# Breathing

Slow your breathing

Breathe in through your nose and hold 1,2,3.

Now breathe out slowly 1,2,3,4,5.

Repeat this a few times until you fall into a natural rhythm without needing to count in your head.





# Visualisation

"The Lighthouse"

Play audio or read visualisation script



# Reflecting

- How did you feel at the beginning of the visualisation?
- Did the 'brooding moodiness' of the black sea remind you of anything?
- Did your feelings change during the visualisation?
- What could the light represent?
- Does the light change anything? eg the appearance of the water?
- What part of the visualisation was the most powerful or meaningful for you?



# Responding

Things that  
feds

Using the worksheet:

Write words or names of things you find  
threatening in the black sea.

Where do you find hope and comfort?

Label the lighthouse with the person or things that  
come to mind.



# Outcome





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