

Imagine &
Reflect

UV19



The Newborn



Stilling

Sit Alert and Relaxed

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.



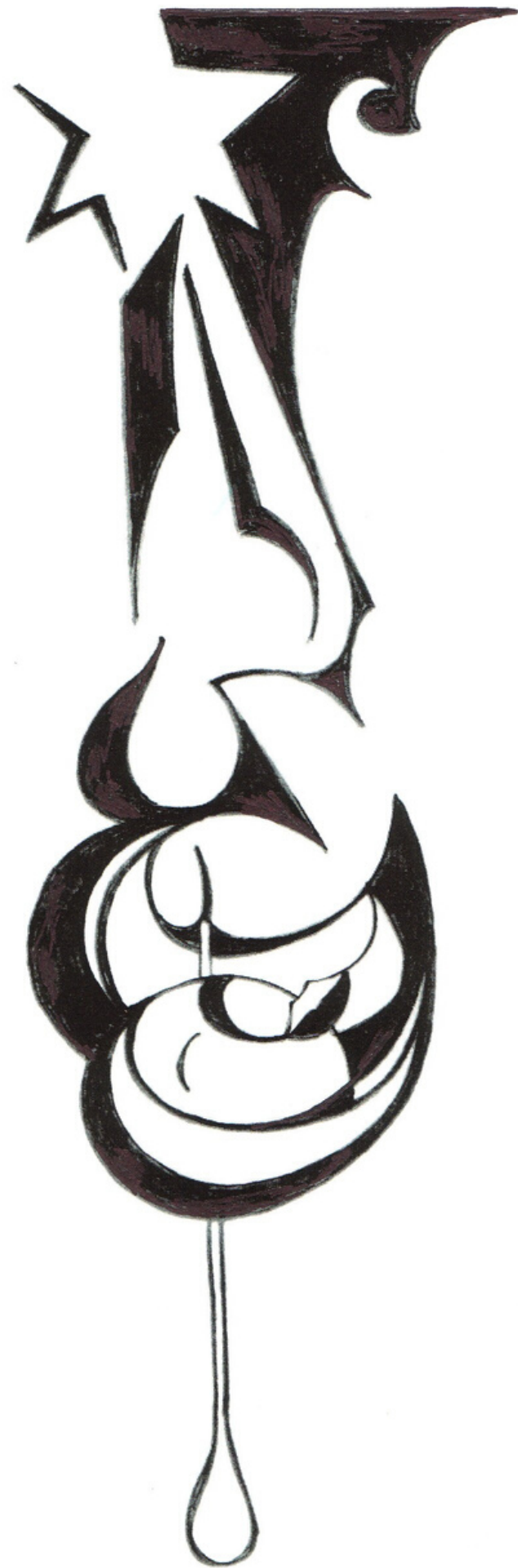


Visualisation

'The Newborn'

Play audio or read visualisation script





Reflecting

How did being in the stable make you feel?

Why do you think the woman was crying?

What were your thoughts/feelings as you knelt beside the newborn baby?

Has it changed the way you think about the Nativity story?



Responding

What gift might you want to give the newborn? (And/or the mother)

Draw, annotate & explain your choice of gift.

Make a card to welcome the new baby

Write a personal message inside



Outcome





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