



## GUIDED IMAGERY

**Number of players:** Any

**Space:** Any

**Materials needed:** None

### Procedure:

Ask participants to allow themselves to get comfortable either at their seats or on the floor and to visualize the following situation as you read it aloud: "The alarm tears you from your sleep at 6:00AM. You can hear the rain outside your window--a hard rain. The kind of rain that drives the grime of the sidewalk right into the pavement. You're still tired as you stumble from your bed into the bathroom and fumble for the shower faucet. As you rub your arms and legs to life, you think about the mysterious message that was left on your answering machine last night. You work for the largest, toughest private investigation agency in the city; your boss, Mr. Gettis, hires only the most street-wise investigators in the country. He's a big man who works the big cases, so when he calls you at home, you pay attention. As you step into a shower so hot the tile is peeling, you wonder why old man Gettis wants you to report to work so early this morning. Gettis is a man of few words, and his message explained very little: all he said was that he needed you to report for a full agency meeting at 7:00AM sharp. This must be an important case if he's reluctant to provide any details. By the time you pull into the agency parking lot you're already in a bad mood. As you step out of the car, you notice that you're wearing the Tabasco sauce from your breakfast taco on your shirt, and the coffee from the Diamond Shamrock tastes like the mechanic brewed a pot without washing the oil off his hands. You had to stop for food because Gettis isn't the kind of boss that provides espresso and croissants at morning meetings. You nod at your colleagues as you enter the building and walk down the hall to the conference room. Gettis has called out the whole force. You pull up a chair and glance around the room. You haven't seen this many tough characters since you investigated Jimmy Hoffa and the teamsters. The crowd settles down as Gettis enters the room."

### Processing points:

What kinds of sights/sounds/smells came up as you imagined this scene? How would you describe the central character? How is this character similar or different from you?

### For further development:

Ask participants to write a story about what happens next. Or build on this dramatic moment by entering the story as Gettis (as TIR) who has a problem for the group to solve.

### Possible learning areas:

Communication, listening skills, vocabulary, writing, creativity

### Tips for playing:

Guided Imagery can be a good alternative to Narrative Pantomime for older adolescents and other players who may be uncomfortable and/or self-conscious about acting something out in front of others.

**Note:** Passages work best when they are written in second person and when the details are sharp and involve all five senses.