

# Visualization Vacation

POSTMARK



**Imagine your favourite place**  
**Imagine you are right there now**  
**What does it LOOK, SOUND and SMELL like?**

*Now close your eyes, breath slowly*  
*Imagine that you are there*  
*Look around and enjoy your favourite place*  
*Enjoy the time you spend there in your imagination*  
*Enjoy how it makes you feel relaxed and calm*

**You can go on your Visualization Vacation anytime**

**To help you remember your favourite place draw a picture of it below**



By artist Sam Pirt

