



# Quiet Lake

for **older** children

A relaxation exercise that teaches children how to use imagery to relax their minds and bodies by imagining a relaxing outdoor setting with a beautiful, calm lake.

## Get Ready!

### Resources

Audio Track # 9

### Teaching Point

Spending quiet time in nature or imagining the beautiful sounds and sights of nature provides much enjoyment and is a great way to relax.

### Other Ideas

- ▶ After listening to the audio, ask children to describe some of their favorite outdoor places, places they have visited, seen or heard about.
- ▶ Suggest one or two situations where you think the children could imagine this relaxing place or use Quiet Lake or Muscle Relaxation, for example, while waiting in a doctor's office or for their turn to play at a concert or speak to the class.

## Get Going!

### Activity

- ✓ Listen to the audio.

### Wrap-up

How did you feel while you were listening to Quiet Lake?

What was going through your mind and body?

Did your breathing and heart rate slow down?

When would using your imagination to imagine relaxing nature sights and sounds, like Quiet Lake, be helpful?

### Homework

Try to imagine your own Quiet Lake, or relaxing nature scene, sometime today or tonight on your own. See how real the sights and sounds of your Quiet Lake or nature scene can feel in your mind and see how relaxed you can become.

This activity is provided with the permission of Dr. Terry Orlick. His newest book: *"Positive Living Skills: Joy and Focus for Everyone"* can be found at [www.zoneofexcellence.ca/index\\_new.html](http://www.zoneofexcellence.ca/index_new.html) or [www.zoneofexcellence.ca/products\\_new.html#books](http://www.zoneofexcellence.ca/products_new.html#books), and is also available on Amazon.com.