

Guided Visualization: Exclusion to Inclusion

Find a comfortable place and close your eyes. Imagine it is a warm spring day. You are in a beautiful park. The birds are singing. You breathe in. There is a fresh smell of grass and a hint of fresh flowers. The sun is warm and there is a gentle cool breeze. Far in the distance you can hear music playing very faintly. You listen closer and you can hear the sounds of balls bouncing, children playing and laughter. You walk towards where the sound is coming from. As you get closer you can see a tall fence and just beyond the fence you can see all your friends through the posts. They are playing games and eating a delicious picnic. You wave to get their attention but they don't see you. You call out but they don't hear you. The fence is too high to climb so you begin to follow it around, hoping to find an entrance. You call again and this time you are pretty sure they saw you but no one came. You keep looking for a way in but you have been following the fence for a really long time. You decide to stop looking and sit down. You wish you could get inside but there does not seem to be any way. A cloud drifts through the sky, blocking the warm sunshine.... You begin to feel very alone and you give up.... You sit by yourself for a long time....

You are lost in your thoughts when you feel a tap on your shoulder. It is your best friend standing behind you with the gate open. You are invited inside. Just like that, the cloud blows over, the sun shines and you have the most wonderful day. Who is there?.... What games do you play? How does it feel?.... They even saved you some food from the picnic.

Open your eyes.