



### Star Light Star Bright

**Why we like it:** Visualizations bring calm and focus to any busy group of students. Students are learning to calm their amygdala and strengthen their prefrontal cortex.

**Duration:** 5 minutes

**Materials:** None

**Lesson Activities:** Optional-Mindful Coloring

**Video Link:** [Star Light Star Bright Visualization](#)

#### VOCABULARY

Visualize, imagine, calm

#### MAKE IT A HABIT

Visualizations are a great grounding exercise after a busy activity such as recess or specials. They are also great before students are getting ready to do a long lesson or test that they will need a lot of focus.

#### PRACTICE IT

Set a goal- Try to do a visualization 1-3 times a week with students.

#### SEND IT HOME

After each visualization, there is mindful coloring. Send the mindful coloring home with a description of the visualization. Encourage parents to try it at home. Visualizations are great before bed!

#### Visualization Number 1 Ice Cream

##### Step 1

***As with all FocusedKids lessons, please modify as needed to make it work for you.***

Get students settled comfortably, in a circle, at desks, or around the room. Allow them to get comfortable in a space where they can focus. Turn down the lights to help with distractions.

##### Step 2

“Today we are going to do a visualization. We are going to get a picture in our mind to help us calm our mind and body and let go of any problems, or worries we may have right now. What part of our brain do you think we are calming right now? That’s right, Guard Dog. Get comfortable and close your eyes or look down (always offer the option to not close your eyes). This is so we can tune out the things around us and just focus on the picture we are going to create in our minds.” **(Change this dialogue up as students get more practice and know what to expect)**





## 5 Minute FK Visualization

Step 3	“When you hear the sound of the chime that will be our signal that our visualization has begun. I will ding the chime again at the end to help us come back to our classroom.”
Step 4	<p>Visualization: “Take a deep breath in through your nose and out through your mouth (do this 3 or 4 times). Now, imagine that there is a star in the sky just for you. It can look like anything at all. It can be any color, made out of any material, and it may change from moment to moment and day to day, just as everything changes. Sometimes large and sometimes small, sometimes bright and sometimes dim, your star is always there. Let’s feel the warmth of the star on different parts of our bodies! As the starlight shines on your forehead, feel your forehead relax, and all the stress and strain of the day fade away. Then imagine that the starlight shines on your shoulders...your arms...your hands...your chest...your belly...your lower back...your legs...your ankles...and your feet. And finally, imagine your whole body resting in the warmth of the starlight. Feel the safety that your star gives you. Your star is always there. It is always watching over you. Anytime you need it, just close your eyes and imagine it shining over you. Breathe in and breathe out. Just enjoy being in this peaceful space. Now stay in this space as you continue to breathe. Feel the calmness of your mind and body. Take a deep breath in and a deep breath out. Continue to feel the warmth of your star until you hear the sound of the chime. When you hear the chime you can slowly, with no rush and on your time, sit up, open your eyes and come back to our space here and now.</p>
Step 5	Ding the chime. Encourage students to quietly and slowly come back to their space. Remind them to be respectful of everyone around them. We all are doing what we need right now and we are going to help our friend by being quiet and staying in our space.
Step 6	Have a brief reflection. How did that feel? Was it hard? Was it easy to visualize your star? Call on students to describe their star.
Step 7	<a href="#">mindful coloring</a>





MAKE IT YOUR OWN!

