

GUIDED IMAGERY

Read aloud while your client rests in any comfortable pose. This activity creates a calm and peaceful environment for active listening and auditory bombardment.

Radiant Rainbow Reaching

Rainbows! I love rainbows! As I look out my window, I see rain. Rain, rain, rain. Falling from the sky. The rain falls on my roof. The rain falls on a red car outside. The rain falls on a really, really, big tree! The rain falls on a girl and her Grandmother walking under an umbrella.. The rain falls hard. The rain falls softly. The rain falls quickly, the rain falls slowly. Rain, rain, rain. Hurray! The rain is stopping. The bright bright sun begins to shine again. What do I see really high in the sky? A rainbow! A radiant rainbow! A radiant rainbow reaching! A radiant rainbow reaching across the sky. A radiant rainbow reaching. A radiant rainbow. A rainbow. I love rainbows. Rainbows.

Beautiful Rainbow Colors

There is a beautiful rainbow. The beautiful rainbow reaches across the blue sky. There are many colors in the arch of the rainbow. There is red. The red is reaching across the big, blue sky. There is orange. The orange is reaching across the big, blue sky. There is yellow. The yellow is reaching across the big, blue sky. There is green. The green is reaching across the big, blue sky. There is blue. The blue is reaching across the big, blue sky. There is indigo. There is indigo reaching across the big, blue sky. There is violet. There is violet reaching across the big, blue sky. Red, orange, yellow, green, blue, indigo, violet. All the colors of the rainbow...reaching across the sky. Breathe, breathe, breathe.
