



## Imagination Script

**Tip:** take your time, allowing pauses in between each question. This unhurried pace is crucial for helping students fully immerse themselves and create a vivid mental picture. Observe the group, and if many are still reflecting or jotting notes, allow extra time as needed.

“Imagine that you have the power to create the world anew, molding it carefully into your ideal vision—piece by piece, connection by connection—until it feels like the world as it truly should be.

As you begin to explore this world, tune into your senses.

[...]

What do you hear around you?

[...]

Listen closely to the sounds: the soft ones, the loud ones.  
Let the sounds resonate with you.

[...]

What do you hear?

[...]

Now, look around. Notice the colours surrounding you.

[...]

Where do you find yourself?

[...]

What does this place look like?

[...]

Are you inside or outside?

[...]

Are there people nearby?

[...]



If so, what are they doing?

[...]

What are you doing?

[...]

Now, imagine you're going somewhere else. An important place in this world of yours.

Where are you going?

[...]

How are you getting to this place?

[...]

What is happening in this new place you've arrived at?

[...]

Why is this place important?

[...]

How does it make you feel?

[...]

Imagine you want to find people your age – where do you go?

[...]

What are they doing there?

[...]

It's time to go home – where is your home?

[...]

What does it look like?

[...]

Who else lives there?

[...]

Right before you get home, you take a moment to appreciate the world around you.

This is your world—a reflection of your values, your dreams and your imagination.

Feel the air on your skin and the ground beneath your feet. Take a deep breath.

When you're ready, open your eyes and return to the present moment, carrying the inspiration of your imagined world with you.”