

# Silver Staircase visualisation

Imagine tall steps in front of you. They are tall and silver. They are solid and safe, so you can start to climb them. Every step you take makes you feel a little bit more excited to see what you might find at the top. As you begin climbing up the steps, you begin to remember something you're proud of....

Maybe it's a talent you have? Or a time your teacher complimented your work? Or something you have achieved over time? How did it make you feel? Hold on to that memory for a moment. Let yourself feel that feeling again.

Happy.....powerful.....strong....pleased!

Take in a deep breath, and each time you breathe take in that wonderful feeling. Keep breathing as you continue walking up the steps. This time remembering a time you achieved something with your body. Have you ever won a race or ran really fast? Maybe you're really good at football or dancing.

Take a moment to remember how you felt this time. You feel warm and happy again! Now for the next step think about one of your goals.

Something you would like to achieve or be good at. Whether its music, sport, reading, or something else. Think about all the practice you have put in to achieve this goal. Maybe you have already achieved it and need to set a new target. Take in a deep breath again and hold on to the feeling. You feel very proud of yourself.

You are great!

Hold on to all of those feelings and memories as you keep climbing the steps. The next step reminds you of something you have created.

This could be a song, a story, a cake? Have you made a Lego creation or built something out of cardboard?

Whatever it was, think about how you felt when you saw the completed project. You feel really good, keep that feeling with you for a while.

It feels better with every breath you take in. You created something either by yourself or with someone else!

Either way it's amazing! Keep feeling proud and happy, let the feeling swim around your body from your head to your toes. Well done, you're doing really well.

Take all of these feelings with you up to step number 5, this time think of a time someone else thought of you.

They might have told you that they are really proud of you, or that they love you.

Maybe you are someone's best friend, brother or sister and they think you are really special.

Remember how nice it felt to be told these things.

You feel warm and fuzzy in your belly.

Embrace the happy feeling again, taking in a deep breath to inhale it further into your body. You feel strong and powerful, you can do anything. You are amazing. These things all make you feel confident and brave.

You have done amazingly today! You have climbed to the top of the steps. You are now on top of the world!

You can see yourself looking brave, confident and proud. Standing tall and smiling. As you speak, you sound loud and happy!

This is such a good feeling; you have nothing to be worried about at all. Well done.

This is a very exciting experience for you as you climbed those steps so easily!

You feel completely different now to how you felt before climbing the steps, you're a brave and confident person.

It's now time to wake up.

Slowly stretch out your legs and arms. Wiggle your fingers and toes to loosen them up.

When you feel ready, let your eyes open. Well done, you did incredibly today!