



**Give us
a break!**

Resource sheet 19

Relaxation - “The secret room”

1. Make yourself comfortable and relax in a seated position, breathing slowly and smoothly using your stomach.
2. Close your eyes and imagine you are back at home in your own bedroom. Try to see your bedroom as clearly as possible. What is on the walls? What things can you see as you look around the room as if someone was looking at it for the first time?
3. Suddenly as you are looking around your room, you see a handle that you've never seen before, then a door. A new door has appeared on one wall of your room.
4. You approach this door and put your hand on the handle and are aware of the temperature of the handle and how it feels.
5. When you open the door slowly you find yourself in a new room, one you have never seen before. The room has some windows at the far end. Have a look around this room which has a warm and friendly atmosphere (pause).
6. Now decide how you can make this room just the way you would like it. Nothing is too outrageous. Use your imagination to create a room that is entirely yours.

Decide on the light you would like in the room. Will it be natural light, sunshine or another form of lighting? Decide where the windows should be and how many you want. How big is your room? It can be as big as a football field if you wish. Just make it happen the way you would like it to happen.

How would you like your room decorated? Carpets? Paint? Just see it done the way you would like. Posters? Music? Listen for it and you will hear the music you like. Be as daring as you can be. Make this room really yours, unmistakably yours, the way you would like it.

You can have anything from outside in your room if you like; waterfalls, trees, rivers, the choice is yours. You can choose exactly what you want to see from your windows. Mountains? Forests? Loch? There are absolutely no limits on the way you can shape this secret room to your own personality.



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Continued

7. Once you've finished shaping your secret room, sit back on a chair or whatever you want to sit back on and enjoy the creation of your own imagination (pause). As you relax, decide how you will use your secret room. You could solve your problems here or just relax and be yourself completely (pause).
8. Now stand up and have a brief look around your secret room before you leave it. You can return when you want to relax and use the room in the ways you choose. Now close the door behind you as you find yourself back in your familiar room, nice and relaxed. Now stretch and take a few deep breaths as you open your eyes and feel fully alert and refreshed.
9. If pupils want to share their experiences in their secret room, they should be encouraged to do so.