

Name \_\_\_\_\_

**Success in Schools – Personal Space**  
**Time to relax, reflect, re-energise**



**Breathing and using your imagination to help you to succeed.**

When we visualise, we imagine what we can **see**, **hear** and **feel**. Scientists have found out that visualising can help us to learn. When we imagine things in a lot of detail, our brain reacts as though it is actually happening and this helps us to remember.

Scientists have also discovered that when we relax, our brainwaves change to the ‘**alpha state**’ and this is one of the best states to be in when we want to recall information.

Use your imagination to create a wonderful calm relaxing outdoor space.

Write down, what you will **see**, what you will **hear**, what you will **feel**. (*‘Feel’ physically and feel emotionally*)

<b>My Personal Space</b>
<b>I can see...</b>          
<b>I can hear...</b>          
<b>I can feel...</b>          