

Script for ages 5-8

Parents or coaches can use this visualization for any sport. Modify it for the child's sport by substituting an appropriate exercise. This script demonstrates how a little imagination can help an athlete's performance.

PARENT TO CHILD: Stand with your feet together and jump with both feet as far as you can. Let's see how far you can go.

Child jumps. Mark the spot where she lands.

PARENT: Now let's do it again. But first imagine that you can jump farther.

Pause. Let her picture the mark you made where she landed, then see herself landing past it, and then your drawing the new mark.



PARENT: Now try it again.

Child jumps farther.

PARENT: It's like magic! Isn't that cool how your imagination can help you? Each time you have a new game or goal, remember how you can use your imagination and thoughts to help.



Script for ages 9-13

PARENT: Find a relaxing place to sit or lie down. Breathe in and out (*pause*). In and out. Gently close your eyes and allow your body to relax. Now, when you are ready, see yourself getting ready to play... (*whatever his sport is*). Let's start by getting dressed. Put on your... (*guide him through his specific clothing, uniform, equipment*). How do you feel?

Child responds.

PARENT: Go to... (*the gym, field, school—or wherever the athletic event will be*). Imagine yourself looking strong, confident and ready to play. Take a look at the... (*field, court, etc.*). How does it look?

Child responds.

PARENT: Acknowledge child's response. What is the weather like?

Child responds.

PARENT: Who else is there?

Child responds.

PARENT: How do you feel?

Child responds.

PARENT: Are you nervous?

CHILD: Yes. *Observe your child's response.*

PARENT: If yes, where do you feel nervous?

CHILD: In my tummy.

PARENT: Oh, that's very common. Just pay attention to your tummy. Try putting your hand on your tummy and breathe into your hand. Does that help?

CHILD: A little.

PARENT: That's OK. You can take anything you'd like with you in your imagination. Is there something you would like to bring with you to help you?

Child might want to bring a picture or small personal item.