**SKILL PRACTICES TO USE WITH COMFORT KITS**



Skill 4: Feel Better - Imagination Fun!

What does this help? Worries, fatigue, pain, trouble sleeping.

What is it? This is a way to make your own story. You have an amazing brain! Your brain listens to what you are thinking about.

* Thinking about sad stuff makes you feel sad! Thinking about things that worry you will make you feel nervous. Thinking about your pain or frustration about not being able to sleep will just make you feel worse.
* Thinking of pleasant things will help you feel better and more comfortable

What items do you need?

You have a built-in tool right inside of you all the time – ***your mind***. You don’t really need anything else! If you want, you could look at your ***favorite photos or pictures*** from books of things that you enjoy doing or places where you would like to be. Maybe you will use the ***finger puppet*** to tell you a story!

How to do it?

* Take 3 to 5 slow deep belly breaths and close your eyes.
* Time for a journey in your imagination! Where would you like to go?
* Where would you rather be if you could be anywhere else in the world? Pretend that you are somewhere else. You can imagine yourself anywhere you would like to be.  Maybe…
	+ - At a happy place with your family or best friends.
		- Playing sports
		- Listening to someone tell you a happy story
		- Listening to music
		- Playing with your cat or dog
		- In the future feeling healthy and having fun
		- Pretend to be there … as if it was really happening … inside your mind
* Imagine everything that makes this experience the way you want it to be
	+ - What do you smell?
		- What do you taste?
		- What do you hear?
		- How does it feel when you touch something there?
* Notice how comfortable your body feels when you’re imagining yourself in this place you like and doing something that you enjoy. Imagination works best with your eyes closed, but after you’ve done it a few times, you’ll see that you can also imagine with your eyes open. Because imagination happens inside your mind, you’re the boss of it.

When to use it?

Any time you are uncomfortable or in pain, when you can’t sleep, when you are nervous, stressed, or worried.