

Grasslands Guided Imagery

By Nancie Dohan | ~ 3 minutes in length

Get the students in a circle with enough 'personal bubble' space around them, or in close enough proximity to be able to hear you. Teacher begins imagery, saying:

Stand comfortably with your feet hip width apart, knees slightly bent, arms relaxed at your sides. Close your eyes and feel the warmth of the sun on your face or the back of your neck.

Take a big breath in and let it go.

Feel the wind against your back or on your face.

Smell the air. Is it dry, wet, warm, cool?

Listen to the sounds around you...the loudest sound you can hear, the softest sound you can hear, a high sound, a low sound or a sound from far away or nearby.

Each of us is a grass making up hundreds of grasses in this unique and rare ecosystem.

Place your roots extending from under the soles of your feet down deep into the ground, down, down. A grass' roots can grow 2 metres under the crusty soil. Keep growing your roots deeper into the earth. This is the way that you get water and stay stable.

Raise your arms above your head, as you grow taller seeking the sun. A breeze is blowing and you sway your tall green stems. The wind takes your tiny seeds, hundreds of them carrying them to a different area of the grasslands. You don't need showy pretty flowers to attract insects to pollinate you for you rely on the wind to spread your seeds. Shake your fingers helping the wind to release your seeds.

You hear a new sound now - something is making the ground tremble around you. Three deer (or elk) are approaching (teacher rubs hands together, saying shh-shh-shh-shh). They rely on you for food. You can lower your arms and wait til the deer come closer. They are only passing through the grasslands today.

Deep under the ground something is moving about in your long thread-like roots. Make sure your roots are holding fast to the earth. A badger is burrowing beneath you. Animals find protection from the hot sun and from predators by getting out of sight during the day. Many grassland animals are nocturnal, coming out in the cool of the night and the cover of darkness to hunt and find food.

A coyote passes silently by. Its fur is the same colour as your community of grasses. He blends in making his way past you to chase a pocket gopher.

Shake your stems loose, tap your roots loose and open your eyes. Look around you, as far as the eye can see there is sky meeting grass. Only certain animals and plants can survive in this environment. They are all around you today but hidden from view.

Be grateful for the grasses that provide food, shelter and habitat for so many special animals.