

## DISCOVERY QUESTIONS QUALITY OF MENTAL IMAGERY

### To get started:

Use the following activity to set up a positive atmosphere and to stimulate your student's mental images.

Ask your student to think about what they are good at and/or enjoy doing. This could be anything – yes, including computer games as they are a powerful source of images!

Get them to talk about the subject, notice where the eyes go, when you see them going up, ask if they were seeing any pictures in their mind.

You could also discuss a pet, favourite toy, team they support, what's in their lunch box, anything that is very familiar to them.

Then ask them to think of an animal or object, perhaps from your discussion and ask the following:

- Tell me about your picture.
- Is there one or more than one animal/object? If more than one how many?
- Is it moving or still?
- If it is moving at what speed? Fast/normal/slow?
- Is it 2D or 3D?
- Is it in black & white or colour?
- Where is it? Left/right/centre, up/down, back/front etc. (This is in relation to the body).
- How far away is it?
- What size is the image?

### CONTROLLING MENTAL IMAGERY

- If the animal/object was moving ask, 'Can you keep it still? Freeze it?'
- If the animal/object was still, ask, 'Can you make it move?'
- When the image is still, check if it is easy to keep it still.
- If the student is unable to keep the image still get them grounded. Once grounded then check the image again.
- If the image was not up to the left or right, ask them to move it to either side and check which is more comfortable. If they cannot do this easily get them to imagine that it is on your hand and you move it up to the left or right for them