



Imagining Me (Grades: 1 - 4)

Imagining Me is our best-selling book and is filled with many imagination-sparking pages. Here are a few ways to use it in your classroom:

- Although hugely popular among moms due to the personal nature of the book, teachers are using **Imagining Me** as a tool to learn more about their students at the beginning of the year.
- This book has also been used as support material in special education classrooms and home schooling programs. The content of the book helps students envision positive outcomes for their future and introduces them to the idea of goal-setting in a fun and creative way.
- **Imagining Me** is also an excellent tool for English language learners; the sentences are simple, and the book provides an opportunity for teachers to assess their students' reading comprehension.
- Teachers have used this book as a morning eye opener exercise to get their students' brains started just after the bell has rung.

CONTENT EXTRAS:

Imagining Me has some great teaching points in addition to visualization. Try discussing some of the following questions with your class!

- The last line in **Imagining Me** is, "If you can imagine it, you can make it happen." Do you think this is true? Why or why not?
- Can you describe a time when you wanted something to happen so badly that you couldn't stop thinking about it? Did it come true?
- Have you ever used visualization to prepare yourself for a big event (sports, performing in a play, etc.)?