



# The Vision Within: 37 (A Brilliant Education)

*Catherine Caldwell*

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Stress amongst primary-age children is a growing problem, and this in turn impacts on pupils' ability to learn effectively. Meditation has a calming, beneficial effect and at the same time increases children's creative thinking skills. The Vision Within provides a practical introduction to creative visualization for primary school teachers. The tried-and-tested visualization sequences are ready to use, with little or no preparation. Optional follow-up activities link the visualizations to maths, drama, poetry and the arts. The visualizations in this book will help children to develop a range of life skills, from problem solving, reasoning and evaluation to managing feelings, empathy and social skills - making them more creative and relaxed learners - and better able to cope with the stresses of modern day life.



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