



## Favorite Place

**Module:** II  
**Topic:** Environment  
**Type:** Visualization/Guided Imagery  
**Group Size:** Large Group  
**Time:** 15 - 30 minutes

**Purpose:**

1. To increase awareness of the impact environments have on infants and toddlers.
2. To identify specific factors that contributes to emotional and physical pleasantness of environments.

**What you will need:**

Participant Materials	Trainer Materials	Equipment
	:: Script for leading relaxation and visualization (below)	Optional: :: Music player and soft, relaxing music  :: Method for recording responses

**Directions:**

**Part 1: Relaxation (Dim the lights and play soft music, if desired)**

1. Invite participants to close their eyes - if they are comfortable with that.
2. In a calm, slow, soothing voice, ask them to do the following:
  - a. Put feet flat on the floor
  - b. Take a deep breath and exhale slowly; Repeat; Repeat
  - c. Relax the entire body, starting with the feet, moving up the legs, through the calves, the knees, the thighs, the hips, now the lower back, up the spine, across the shoulders, relax the neck, the face, the head

**Part 2: Visualization**

1. Ask participants to think of a favorite place where they feel secure and comfortable.
2. Ask to remember how it looks, feels, smells, sounds.
3. Ask, "How do you feel when you are there?"
4. Ask them to write down a few words/phrases that describe this special place.

**Part 3: Group discussion**

1. Ask for a few volunteers to share the descriptors of their favorite places.
2. Record the descriptions on flip chart, chalk or dry erase board or write-on transparency.
3. Identify the common elements that participants have shared.
4. Ask, "How many of these characteristics can be found in your child care setting?"
5. Point out how many hours a day children and caregivers spend in this environment.
6. Ask how much control children have over this environment.
7. Explain you will explore how to make the child care environment more comfortable and enjoyable.

### Variations:

### Links to Head Start Program Performance Standards:

Includes but not limited to:

:: 1304.21(b)(1)(ii) Emotionally secure and physically safe environment

:: 1304.21(b)(2)(i) Social emotional environment

### Activity Developed by:

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### Source Material: