

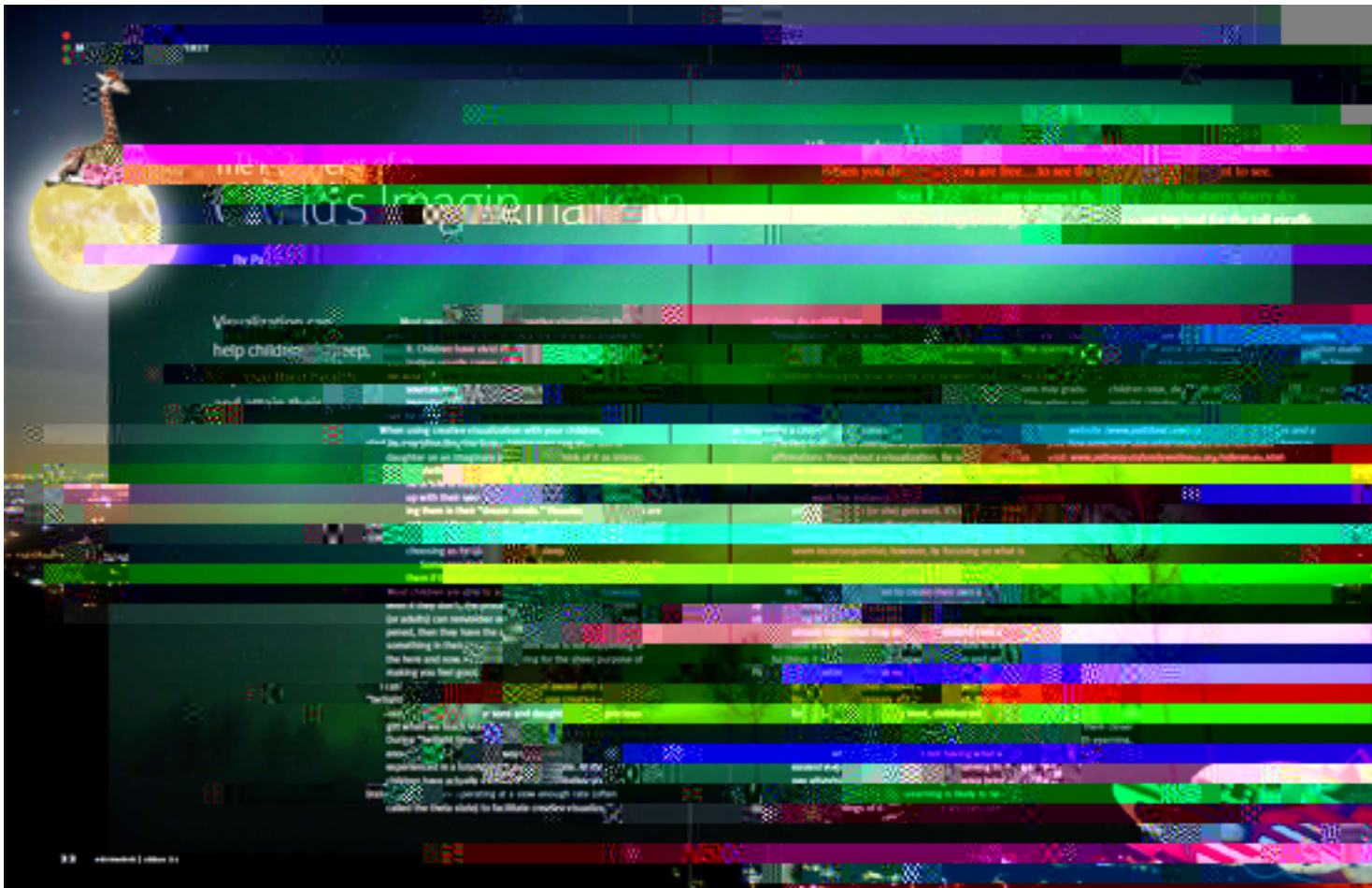
The Power of a Child's Imagination

Written by Patti Teel

Sunday, 01 March 2009 00:00 - Last Updated Friday, 10 January 2014 14:14

Visualization can help children sleep, improve their health and attain their goals.

Most people have used creative visualization their entire lives, long before they knew there was a name for it. Children have vivid imaginations and creative visualization usually comes quite naturally to them. However, because we have so many ready-made images from such sources as TV, computers, video games, etc., it is more important than ever to encourage and provide opportunities for our children to use their imaginations.



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When using creative visualization with your children, start by providing the structure taking experiences the story as if he or she is truly living it. Later, your children will come up with their enhanced through practice, and before you know it, your child will be effortlessly visualizing

their minds. Most children are able to actually see images; however, even if they don't, the realization of the ability to visualize, creating something in their imaginations that is not

What is the most effective way to help children visualize their imaginations?

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