



Guided Imagery (Anticipatory Set) for *Of Mice and Men*

Preparing the Environment: I recommend having the soundtrack *Rudy* on in the background softly because it is music filled with hope and it will contribute nicely to the atmosphere. Dim the lights however much is possible in the classroom.

Directions: In preparation for reading *Of Mice and Men*, we are going to do an imaginative exercise. I want you to sit comfortably in your chairs. We are going to listen to the music and I am going to guide you through specific thoughts. You can close your eyes while I am talking, or you may sit and doodle quietly on your paper if that makes you most comfortable. I want you to follow along in your mind and imagine the things I am describing. After I finish describing these ideas to you, you will have a chance to write about your thoughts or how you felt. There are no right or wrong answers, so be free to go where you go in your thoughts (but please, as with everything else in this class, keep them G- or PG-rated).

Okay, now take a few deep breaths and let's begin. In the next little while, I want you to think of your greatest dreams and desires of your heart over your whole lifetime, or maybe just over the next ten years. What is it you really want to accomplish in your life? It might be something very, very personal to you. It might be something that a lot of people hope for, too, or it might be something very individual to you. I want you to think of where you see yourself in five years. Will you have accomplished it by then? Or, where will you be in ten years. Will you have accomplished it by then? Or will it take your entire lifetime to accomplish? Is it the kind of thing that can be accomplished with one single step, or does it take years of refining and practicing or saving and preparing.

Now, I want you to think about that day when you finally feel you have accomplished your dream. How will you know that you have actually accomplished it? How do you feel? Who is there to share in your special day? Do you feel like you did it all by yourself, or are have others helped you on your way? Who are you grateful to on that day? Is it a quiet day or a day filled with lots of celebration? I want you to look at your environment on that day? Where are you? Do you feel satisfied, or do you feel the urgent need to have a new dream already?

Now, I want you to fast forward to the time in your life when you are an old man or woman. You have lived a good and happy life – sure you have had your share of troubles, but you are wiser and have accomplished a lot in your life. Your hair is gray (if you have any hair left) and your body is getting worn out. You have wrinkles and your muscles ache sometimes and your bones are stiff, but you are happy because of the life you have lived. Now, you reflect on your life and as you are thinking, this same day floods your memories – this day when you felt you finally accomplished your dream (or at least one of your dreams). You think on your memories. What will be important to you when you are older and think back on your youth? What will be important to you as you remember your special day? You probably will not remember all of the details, but which ones will stand out? Why do those particular details of your celebration day stand out to you? What people do you remember being with you? Are you still friends with them? And in your older state, as you reflect back, are you pleased that you accomplished your dream? Are you still living a part of your dream, even in your old age?

Now, I want you to take a deep breath and become aware of your present environment. Bring your minds back to school and back to our classroom. I hope that you had some good imaginings. Right now, I want you just to take a minute and reflect on your thoughts by writing them down. You do not have to turn them in, but you may if you want to if you are willing to let me read them. Just feel free to write for about the next 10 minutes or so about your experience. Did you enjoy thinking of your dreams? Take a minute now and write about it. I will leave the music on and the lighting the same until we are done. You have about 10 minutes.