

Visualisation scripts

Text 1	Text 2
<p>Close your eyes, breathe slowly in and out and relax. You are crossing a road in a small town and walking towards a large, old-fashioned house. You have a bag in your hand.</p> <p>What's in the bag? Is it heavy? Is there a lot of traffic? What time of day is it? What's the weather like? Are you feeling cold? Are you feeling relaxed or nervous?</p> <p>Put your hand in your pocket and find the key. What does it feel like? Take it out of your pocket. What sort of key is it? What could it open?</p> <p>Walk up to the front door. Put the key in the lock and turn it. Open the door. There is no sound. The house must be empty. What can you hear? How does the house smell?</p> <p>Open the first door on the left and go into the room. What can you see? Can you smell anything?</p> <p>There's a big table in the middle of the room with some objects on it. They all tell you something about who lives here. There are: Two empty cigarette packets What brand are they? What does this tell you? Three detective story books What's on the front cover? An English grammar book Do you know it? Why is it here? A pair of reading glasses What do they tell you? A laptop computer. You sit at the table and open the laptop and switch it on. The screen comes up with a half-written letter. You start to read. What's the first line? Who is the letter to? What do you do now?</p>	<p>Relax. Close your eyes and breathe deeply in and out two or three times. Now you are at home. It is 8 o'clock in the morning. Go into the kitchen and look around. What can you see? Is there a table here? What's on the table? Is anyone in the room? Who? What colour are the walls? What can you see out of the window?</p> <p>Leave the room and go to your bedroom. Close the door behind you. Look around. What can you see? Go to the wardrobe. What colour is it?</p> <p>Open the doors. What is the first thing you see? Look under the bed. Is there anything there?</p>