

Individual Visualization

Type: Generating Ideas, Practicing, Checking for Understanding



What Is It?

The trainer guides participants through the process of visualizing a particular event or idea (silent internal visualization followed by drawing and / or discussion).

Why Use It?

Gives participants space and safety to reflect and consider a concept, situation, or topic without immediately needing to discuss

Can be an effective introduction to a topic or can guide participants through mentally applying a particular idea

Can help participants think more deeply

Can be used to check understanding of difficult concepts (see variation)

How to Use It

1. Ask participants to silently close their eyes (if this is culturally appropriate and comfortable for them).
2. Describe a particular situation or idea that you want the participants to imagine / visualize. You may wish to read a story / scenario.
3. As you are describing the situation / concept, give the participants prompts to help them imagine it.
4. Depending on the goal of the exercise, you can debrief by:
 - Asking participants to share what they visualized and how they feel with a partner
 - Asking participants to draw the image they imagined on a piece of paper and then to share it with a partner or small group
 - Asking participants to individually write a reflection about what they visualized and how they feel

Variation

Visualizing Difficult Concepts: Use visualization after teaching about a difficult concept (for example, how contaminants move in groundwater or how a filter removes pathogens). Ask participants to picture the process in their mind and then draw it on paper. This will give you an easy way to assess how well they understand the process and any misconceptions they may have.