

## CREATIVE LISTENING EXERCISE THE BRAIN TRAINER

*Think about the shoes you have on now. Keep your eyes closed and see them in your mind. Now think of your favorite pair of shoes that you had in grade school. What color were they? What are your favorite shoes for wearing to church or dressing up? What color are they? What are your favorite shoes to wear when you want to relax?*

*Mentally, put on the pair of shoes you feel most comfortable in and wear them during this exercise. Image what you look like when you are wearing these shoes. Walk around in them for a minute.*

*Picture in your mind that you are at home right now and you are in your bedroom. Notice the things around you. Walk out of your room and out of your house. Let your shoes take you on a familiar route. Notice the day--it is a warm spring day. Look at the shrubs turning green, the flowers blooming, and the new grass.*

*Keep your eyes closed until you can experience the warm spring day. Then open your eyes. Without looking at your feet, take out a piece of paper and draw or describe the shoes you were wearing in your visual exercise, what you saw, and how you were feeling.*

