

## **Guided Imagery (from University of Maryland Community Service Programs)**

This exercise can help students get in touch with their expectations, assumptions, and even fears about the service experience. It can also be used to help students imagine the lives of those with whom they serve. Students get comfortable, close their eyes if they wish, and listen to a narration.

Example: "Today you are going to serve meals to people who are homeless. Picture yourself arriving at the shelter. What do you see? What do you smell? What do you hear?"

## **A Day in the Life**

Ask students to imagine living a day in the life of one of the service recipients:

- How does this compare to a day in your life?
- What information are you missing about how this person might live?
- How do you feel in these shoes?
- Does this make you want to offer more service? Does it make you more empathetic?