

## Guided Imagery—Canada

My name is David and I live with my brother and my parents in Calgary, a city of almost one million people in Western Canada. In the summer, we like to go camping in the mountains nearby. In the winter, my friends and I play ice hockey on the rink in our neighborhood.

I hate getting up early for school every day. After my parents wake me up, I lie in bed as long as possible. Since I have to wear a uniform to school, it doesn't take me long to get dressed and ready. Kids in other schools can wear whatever they want to school. Sometimes I wish I could wear blue jeans and a "hoodie", that's a sweat-shirt with a hood. My parents drive me to school every morning because the school is not close enough to walk to.

In school I study math, science, social studies, and language arts. I also take fun things like gym, art and music. My school is a French immersion school, so all the subjects are in French, even though we all speak English. Everyone likes morning recess, when we play outside. At noon we go to the lunch room and eat the lunches that our mothers packed for us. My favorite lunch is pizza pops and milk. Then it's back to our classes until 3:00 or 3:30 pm.

After school, I go to daycare with my brother until our parents pick us up after work. My day care has 8 other kids. On Wednesdays I have a piano lesson right after my Mom picks me up, so that's a really long day. Supper is usually at 6:00 pm, and it's the big meal of the day. We all sit together and have meals like spaghetti, meat and potatoes or rice, vegetables, and ice cream for dessert. After supper, I help clean the dishes (that's my family job) and work on my homework. When I'm done with homework I can play on the computer, listen to music, or chat with friends on MSN (that's an instant messaging system using the computer and the internet) until bed time. My brother and I used to share a room, but now he has his own room so I only have to share my room with the dog!

When I grow up, I'd like to be a computer game programmer. I think it would be cool to spend the day making up new games for kids to play. At my Unitarian church we talk about ways we can all make the world a better place when we grow up. If I don't become a programmer, maybe I'll work on inventing new non-polluting sources of energy. I love the outdoors and I know that a lot of people in Canada want to protect the environment.

Before we get up, think for a minute: If you could do something to make the world a better place when you grow up, what would you do?

[After a brief silence, gather the children together and talk about what they would do, if you have time.]