Visualisation scripts

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| *Text 1* | *Text 2* |
| *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.*  *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?*  *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?*  *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?*  *Open the first door on the left and go into the room.*  *What can you see?*  *Can you smell anything?*  *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?* | *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?*  *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?*  *Open the doors.*  *What is the first thing you see?*  *Look under the bed.*  *Is there anything there?* |