

IMAGINARY JOURNEY "MY JOB"

Using an imaginary journey, the children imagine their workplace in the future. They then draw pictures of it.



Preperation

Explain the method of imaginary travel:

Today, we are going to do a little journey of the imagination on the topic of "What do you want to do for work when you grow up?" With the imagination journey, we'll try to travel a little bit into your future. And you can see how you imagine your life later on. I will now read a text aloud. You can listen in a relaxed way, put your head on your arms or close your eyes.



Learning Objective:

Examination of one's own career aspiration

Grade Level: From 1st grade up

Duration: 45 minutes

Materials: Leaves, pencils, read-aloud story for fantasy journey (second page)



Implementation

1. First, ask the children to pull out sheets of paper and pens.
2. Read the text for the imagination journey (second page) to the children.
3. Ask them to draw a picture of their dream workplace.
4. Ask the children to present their pictures to the class.



Reflection Suggestions

- ▶ Was it easy to imagine yourself working in the future? Do you know people who work in this profession?
- ▶ Do you think there are more women or men working in this profession?
- ▶ Is that important to you or do you not care?
- ▶ Should everyone be able to do the job they want to do, regardless of whether it's a boy or a girl, for example repairing cars or working in a daycare center?



Extensions

One child shows his or her picture. The other children have to think about which profession is depicted in the picture.

IMAGINARY JOURNEY “MY JOB”

Make yourself comfortable. Tuck yourself in a little so that it doesn't pinch anywhere or feel uncomfortable. If you like, rest your head on your arms. Close your eyes. Do not talk to each other now. Concentrate completely on yourself.

Now you hear the sounds around you and feel the ground underneath you. Slowly the sounds become less and less important. Soon you don't care about them at all - and the imagination journey begins.

You lie in your bed and listen to the birds chirping. The sun shines in through the window. You stretch and slowly get up. You go to the bathroom and get ready. Then you have breakfast in peace. Maybe you are alone, but maybe others are having breakfast with you? You look at the clock and see that you have to go. You are in a good mood, because you are looking forward to your work.

It is pleasantly warm outside and you feel the warmth of the sun on your face. The movement in the fresh air does feel good. You look up at the sky. A few clouds pass by. Slowly, your workplace comes into view. Take a good look at where it is and what it looks like. You walk through the front door and enter your workplace relaxed. What does your work look like, are there other people there? What are they doing and what are you doing?

Allow some time to pass at this point

By now, a lot of time has passed and your workday is almost over. You pack up your things and get ready for the way home. Now come back very slowly to here and now.

You feel the space around you again and the first sounds reach your ears. When you are ready, you stretch and open your eyes.

Now draw what comes to your mind about your work: What kind of place is it? Who is there? What do they work with? What is being done or being produced there? What is the atmosphere like?