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Elizabeth Saunders
12 Skroggins Hill
Southampton SB 02
Bermuda

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Resiliency for Life
Michael Ballard
640 Sheppard Avenue East Suite 303
Toronto, ON M2K 1B8
416-229-4655

Re: Imagine Yourself To Sleep Programs

Dear Michael:

I am a guidance counsellor in a large secondary school in Bermuda. Because of my involvement in the school system here, four CD's from the guided imagery series for children, which you made available to Mrs. Marion de Jean in Toronto, were given to me when she returned to Bermuda. She explained that they were designed to settle and calm young children ages 4 – 10. A fourteen-year old girl who frequently comes to see me complained of difficulty sleeping. She was tired, jumpy and frustrated at not being able to simply settle down enough at night to be able to get the rest she needed.

Although I recognised that the CD's were not designed for that age group I played one softly while she sat trying to compose herself before resuming school activities. She relaxed and would certainly have fallen asleep if I had not sent her back to class. I decided to pass the disks on to several teachers who deal with younger children.

Mrs. Kathy Kawaley, presently teaching a first year class at a private school, is a very experienced teacher at the pre-school level. She was very enthusiastic about using more of the series next year when a foundation class will be added at her school. She found them ideal for settling her own children, ages four and seven, and believes that teachers of the group, designated pre-school here, would find them to be extremely helpful. She is presenting the concept to her headmaster.

I also made them available to a public pre-school, which is required to cope with all children of that age within a prescribed area. The head teacher, Mrs Sherry Bucci, has asked to try them for a week and intends to share them with the head of a pre-school in a neighbouring parish. She was delighted by the initial response, especially since this school population is very mixed with a number of troubled and upset children. She too thinks that the series may be of great value and not only contribute to the overall well being of the children but also be a valuable aid to the teachers.

There is considerable interest here and I should like to make samples available to more public pre-schools and private schools that have a programme for that age group.

I should like to keep in touch as I hear from other schools.

Yours truly,

Elizabeth Saunders

Guidance Counsellor, M.Ed., NCC

Via email April 17, 2006

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