Guided Imagery for *Death of a Salesman*

**Purpose:**

The purpose of the guided imagery activity is to help students generate a particular scene of the play in their mind. The play is filled with flashbacks and dreaming which help the reader to understand particular emotions that some of the characters experience. The following excerpts from Act I will help students to experience similar emotions that Biff experiences when he is thinking about his dream to live in a farm.

**Directions:**

**Step 1 Build the setting**

Tell students to relax, get comfortable on their chairs or on the floor, and close their eyes. To enhance the mood play music that is appropriate to create the setting.

**Step 2 Guide students**

Guide the students onto this place in a farm. Have students try to visualize by pointing out details. The students will keep listening with their eyes closed.

**Step 3 Write.**

After the journey is over, have the students open their eyes and write down as many descriptive images along with the emotions felt during the activity. Encourage students to put themselves in Biff’s place and write as if they were him.

**Assessment:**

There are no required assessments for this activity; it is simply an activity to help students connect to the emotions the character is feeling.
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The following passages are adapted from Act I when Biff is talking to his brother about what his dreams are to be a carpenter and live in a farm.

“Now, close your eyes and just relax. Let your muscles loosen up and let your mind wander, wander into a big spacious field where all you see is green grass being caressed by the light wind you feel on your neck. The sun is right above you, bright and you’re beginning to feel the warmth of the sun rays upon your back. You begin to perspire and you feel the sweat upon your brow trickling down your temple. You look around and you see that there is still much work to do there and you pick up the rake slowly and keep raking up the food for the cows. You stop after a few seconds and look up at the blue sky and the clouds that begin to form figures in the sky. You spot an eagle roaming around in the distance and you begin to feel a smile crack in your mouth. You take a big breath and your lungs expand only to let out a sigh of fulfillment that you are living the way that you’ve always dreamed of living.”