Guided Imagery for Much Ado About Nothing

PURPOSE OF THE STRATEGY

This guided imagery technique was designed to help fuel discussion about the themes of the play and to help students connect with the text on a more personal level. This guided imagery can be used as a pre-reading strategy before reading the entire play, but preferably should be used prior to reading the wedding scene in Much Ado About Nothing.

DIRECTIONS:

STEP 1

BUILDING THE DREAM

Begin by asking students to first stretch, inhale slowly, exhale, and relax, find a comfortable position to curl up in and then to close their eyes and listen. By talking softly, take the students into the desired world that you want them to imagine. Play music from the sound track of Much Ado About Nothing beginning with the Sigh No more Ladies and then progress into just instrumental music. Once the music has progressed into instrumental, begin reading the script.

STEP 2

READING

Read the series of prompts slowly, giving students time to visualize each image. Counting to 30 in between statements, works well. The students listen with their eyes closed. If they are uncomfortable with this, they may draw on a sheet of paper as they listen.

Wedding Scene

Script:

Pretend it is your wedding day. You are so happy. You get to marry the love of your life. You are all dressed up in your very best. Everyone you know is there. They are all dressed up too. There is music and laughter. It is a beautiful sunny day. Everything is perfect. The ceremony begins and you come up the aisle. You see all the faces of everyone you love and they are all smiling at you. You smile. The preacher begins the ceremony. You see your intended at your side. Life could not get much better. You see your family close to you. They are very pleased. Your intended looks nervous. Suddenly the preacher asks if there are any objections to the marriage. You smile because you know there isn’t. Your intended doesn’t smile. He/she looks upset. He/she asks you if there is any objection to the marriage. You get nervous but answer

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no. He/she asks your family the same question. Your family is nervous but answers no. He/she begins to get angry. He/she begins to accuse you of unfaithfulness. You are confused. You have never been unfaithful. He/she is the love of your life. You begin to get upset. He/She begins to tell how they saw you being unfaithful. He/she says that they will never marry you. He/she then leaves. The audience is shocked. They can’t believe you would do something like this. They are disappointed in you. Your father begins to yell at you. How could you have done this to him? How could you have caused such embarrassment? He wishes that he had never had you for a child. He is so upset that he almost starts hitting you. How did this happen? You keep saying over and over that you did nothing. No one believes you. Not even your family believes you.

STEP 3

WRITING

Invite students to open their eyes and jot down as many of the descriptive images that they can recall. Have them write about how they would feel in this situation. How would they react after such an injustice? Give them several minutes to write. Have them close their eyes again and listen to the music and relive the experience. What more can they see? Have them write about their experience at length and encourage those who wish to share, to do so. Discuss with the class how they felt. Would they be able to forgive their true love? Read the wedding scene in Shakespeare’s Much Ado about Nothing. Have the class make predictions about what will happen next in the play. Also discuss what the students would have done in Hero’s shoes.