

Guided Imagery: Life without Imports

Today we are going to imagine we are just coming through the door at home at 4:00 p.m. You are hungry and would like an orange, however, oranges are imported from California or Florida and there are no imported goods in your house. You must eat some Canadian grown fruit like an apple. If it's winter you might have to settle for some fruit preserves.

You decide to relax on the couch and watch some television. I hope the couch was made in Canada! Wait a minute, the fabric of the couch contains cotton, and cotton does not grow in Canada. To play it safe we had better sit on the floor. Now let's check to see what's on television today. Wait a second TV Guide is an American publication so we can't use it. More importantly the television set was made in Japan. Therefore, no TV.

What can you do to relax a bit? Let's see now, read a book, draw a picture, maybe listen to music? Wait a minute is it a Canadian band we are listening to? No matter, the stereo is definitely imported, so no music today! Perhaps you could ride your bike? Your bike is not an import is it? What else could you do?

It's dinnertime and you are really hungry! What's for dinner? Remember, no refrigerator, stove or any other American kitchen appliance! No Japanese microwave either. What food can we expect to eat for dinner tonight? Which foods are grown right here in Canada? Let's see now, cauliflower, broccoli, corn, carrots, spinach, cabbage, bread, eggs, cheese, milk...oh yes Canadian farms also produce a lot of meat and potatoes. So there is always lots of fresh food to eat, except in winter. Too bad the Canadian growing season is so short! Oh well, canned food is almost as good as fresh! Hey wait a minute, where do the empty cans come from? Canadian mines, smelters and factories, I hope!

Adapted from *Canada: A Good Neighbour*, Metropolitan Separate School Board, 1996