

# Starfish visualisation

I would like you to think about the ocean.

It is big and blue; the water is warm and glistening in the sun. Perched on a rock, you see a starfish.

What colour is it?

Starfish can be all different shapes, sizes and colours..... so you can decide what colour you want it to be.

Does it have one solid colour or patterns? Is it stripy or spotty? Is it shiny or matte?

Now you have imagined your starfish, see if you can make yourself into one using your body!

Make your legs two of its limbs and your arms another two, your neck and head will work as the fifth.

Imagine yourself the same colour as your starfish friend.

Starfish are interesting creatures. Everything they do revolves around the centre of their bodies, unlike us humans.

Their mouths, tummies and the way they breathe, it all works from the middle of their bodies.

We can also breathe from the middles of our bodies, let's try it!

Start by letting out all of the breath from inside you.

Now start to breathe in, notice carefully as your chest starts to grow and fill up with air.

Let your breathe fill right down to the tips of your star-like points.

Stretch your arms and legs out as far as you can, let the air completely fill you up!

Now, breathe out and let go of all the air inside you.

You can feel your body relax as you do so. Your tummy goes down, your arms and legs feel limp and you feel completely relaxed and happy.

Keep breathing steadily, watch your tummy as it grows and shrinks!

When you feel happy and content, you can finally say goodbye to the starfish and open your eyes.

Well done - you did amazing today!